

Three Keys For Processing Grief

This guide corresponds with episode #72 of the "Created To Thrive Podcast"

1

Acknowledge Your Pain & Grief

- Give yourself permission to grieve your loss and feel all of the tough emotions.
- Allow yourself the time and space to feel hurt, wronged, helpless, vulnerable, heartbroken, fearful, rejected...

Name your feelings. (ex. angry, fearful, exhausted, crushed, powerless, drained, uncertain, indecisive, lost, unclear, embarrassed, anxious, lonely, disconnected...)

- Name what your heart desire desires. (ex. nurtured, chosen, affirmed, protected, provided for, security, understanding, belonging, valued, loved...)
- Journaling
- Seek a professional to gain skills to work through grief.

2

Prayer & Support

- Your personal relationship with God and earnest prayer. Prayer in simplest form is dialogue with Him.
- God's Word and Holy Spirit to strengthen and comfort you.
- Prayer of others: Close family, friends, and community.
- Stay connected to people who love and care for you. Avoid isolation.

**See next page for how to support someone in their grief*

3

Decide To Trust God In The Process

- Choose to trust the One Who knows your pain and path to healing. Trust requires knowing God relationally, not just intellectually.
- Press into feeling His love, tenderness and kindness for you.
- Biblical grief has hope in resurrection. Believe God to bring new life out of your situation.

Biblical guidelines for grieving is gleaned from Matthew 26:36-39

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Helpful Guidelines To Walk Along Side Someone Who Is Grieving

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DO

Helpful Tips & Words To Say:

- Recognize each person's journey is unique. Allow them time and their own way of processing grief.
- It's ok that don't know what to say or do. Create a safe space for someone to process their big emotions.
- Just be there for them. Sit with them, and listen. Let them be sad. You don't have to talk or make them feel better.
- Share a memory about the person who's gone.
- Be empathetic. It's okay for you to show your feelings.
- Give a hug
- Notice what they might need
- Continue connecting, especially reach out to them after a few months to over a year...or several years.
- Recognize this healing journey can feel like being on an emotional rollercoaster. Emotions can come in like a wave at times. Just be patient and kind to yourself and allow yourself to move through the emotions.
- It's normal to get triggered from a memory.
- Be specific in how you can help them.
- Bring them care packages
- Send them a card to let them know you are thinking of them.
- Pray for them and read Scriptures over them.

***A helpful resource to consider for those experiencing deep grief: www.griefshare.org*

Some Helpful things to say:

"I'm so sorry for your loss."

"I wish I had the right words. Please know I care and I'm here for you."

"You and your loved ones are in my thoughts and prayers."

"I can't imagine how you feel." Then be quiet and let them tell you about their feelings.

"Want to talk about what happened?"

"My favorite memory of your loved one is..."

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DON'T

DON'T DO THESE:

- Avoid trying to fix or change someone, or give solutions, such as "You need to...." Just allow space to be with, see, hear and love them.
 - It's ok that don't know what to say or do. Just create a safe space for someone to process their big emotions.
- Comparing situations or minimizing their loss. (Don't "one-up" them or say they should just move on and forget about it)
- Judge how they choose to grieve. (ex. if they are not crying)
- Do not use spiritual cliché's. These are intended to comfort but actually shuts down conversation and can invalidate them and their experience

Examples of what is NOT Helpful to say:

"Be strong"

"It was just their time."

"She did what she came here to do and it was her time to go"

"God will give you another child."

"You can always adopt"

"Just have faith."

"Just forgive them and move on."

"God is in control or is on the throne."

"All things work together for your good."

"It was just their time"

It's very important we learn skills to move forward through a healthy season of grieving. It takes awareness, honesty, love and time to begin transitioning from deep grief to peace and a sense of joy again.

As a Christian, God has given us His Holy Spirit, who is our Comforter, Helper, Counselor, and Teacher, We also have His Word, to provide strength, hope and comfort of the Scriptures. We have His resurrection power and the Body of Christ to help us move forward!

Sometimes, we need help guiding us through. We are not meant to be alone in our journey!

As a Spiritual Growth Coach, I want to help you grow deeper in your relationship with God, discover your your true potential in Christ and live in whole health. If you want to learn how I can help you thrive spiritually, emotionally, mentally and relationally, let's have a FREE connection call: Lori@loriksnyder.com. Also, be sure to subscribe to my free Created To Thrive Podcast.