

Navigating Grief

3

Keys To Moving
Forward After Loss

Free Guide

By

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



Three Keys For Processing Grief

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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.

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

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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, on a heart level, 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.

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 Mentor and trauma-informed Resiliency Life Coach, I want to help you grow deeper in your relationship with God, discover your true potential in Christ, and live in whole health.

There is hope and healing for every situation!

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 and share my free *Created To Thrive Podcast*.