



## MID-WEEK BIBLE STUDY "GOOD GRIEF"

There is nothing \_\_\_\_\_ whatsoever about loss and the grief that follows.

Grief can best be defined as a loosely knit and extremely complex \_\_\_\_\_ involving the 4 major components of your life- physical, emotional, intellectual, and spiritual. It's the normal human response to loss in one's life.

Grief is an \_\_\_\_\_ experience. It doesn't look or \_\_\_\_\_ one specific way for everyone.

Grief is a force touching everything it comes across; thus, we not only deal with the primary loss but also what's known as \_\_\_\_\_ losses.

There's no \_\_\_\_\_ operating procedure for helping people to \_\_\_\_\_ with loss.

It's a myth that grief follows a logical or \_\_\_\_\_ pattern.

There are two things for sure about grief, it can be \_\_\_\_\_ & \_\_\_\_\_.

The key takeaway is that grief is an ongoing \_\_\_\_\_ not a single \_\_\_\_\_.

### **PROCESSING THROUGH GRIEF**

Despite the social, cultural, and personal expectations that loss & grief be moved on from as swiftly as possible the truth is that they demand \_\_\_\_\_.

#### ***How should we hold our grief in healthy, healing ways?***

- Don't \_\_\_\_\_ yourself when you find that you are grieving.
- Encourage those around you who are also grieving to take their \_\_\_\_\_.
- Foster honest discourse about how grief \_\_\_\_\_ you.

You will have to learn to deal with the constant \_\_\_\_\_ of your grief as a daily part of your life.

The danger in all of this lies in either becoming \_\_\_\_\_ with your emotions to an unhealthy degree, or \_\_\_\_\_ them completely.

## **RESPONDING TO GRIEF**

### What Not To Say

- “I understand how you feel.”
- “Just keep busy so that you don’t have to think about it.”
- “It was just God’s will; God doesn’t make any mistakes.”
- “You’ll get over it, time heals all wounds.”
- Statements that begin with “at least”

### What To Say

- “I can’t imagine how you feel but I’m here for you.”
- “I wish I had the right words, please know that I care.”
- “We all need support at times like these. I’m here for you.”
- Silence...

## **MOVING FORWARD THROUGH GRIEF**

As you walk this difficult path you must give yourself \_\_\_\_\_ to heal and get better.

Reaching a \_\_\_\_\_ in your grief will take as long as it needs to, but it requires \_\_\_\_\_ and support.

As you permit yourself to \_\_\_\_\_ and walk this difficult path of grief here are some things to keep in mind:

1. You are unique and so is your journey and you must determine \_\_\_\_\_ right for you and \_\_\_\_\_.
2. Acceptance doesn’t mean \_\_\_\_\_ neither does it mean \_\_\_\_\_.
3. It’s better to have \_\_\_\_\_ memories than to feel nothing at all.
4. Acceptance doesn’t mean you no longer hold people \_\_\_\_\_.
5. Acceptance will often bring us to a \_\_\_\_\_ understanding of life, death, and our relation to the world around us.
6. \_\_\_\_\_ doesn’t exist!