




THE JOURNEY OF GRIEF - PART TWO

4 SESSION

THE GRIEF JOURNEY SEEMS TOO LONG. Too hard. Too painful. You avoid places that remind you of your loved one, with no thought of ever going there again. You've no desire to change a single item in your loved one's bedroom. Some days all you consume are coffee and chips, because cooking takes up too much energy.

These factors all play a part in determining the length of your grief journey. Through this week's video, discussion, and workbook exercises, you'll become more aware of:

-  Why it's important to put effort into your healing
-  How the events surrounding your loved one's death affect your grief
-  The best ways to deal with your loved one's belongings

VIDEO OUTLINE

Use this outline to write down important concepts, encouraging words, or questions you have while viewing the video.

FACTORS AFFECTING YOUR GRIEF

Self-care

How & when a loved one died

Life events

"Going to those places that hurt too much is the very thing that heals us." –Gail

Your efforts to heal (Isaiah 42:3)

Your loved one's belongings

Your Loved One's Belongings

They help you heal

Sort them yourself

Turning to God (James 4:8)

Journaling

"Ask others for help." –Joyce Rogers

HOW TO ASK FOR AND ACCEPT HELP

“God is the source and supply of what you need,” says Dr. Paul David Tripp, “but God uses instruments, and God’s got a lot of tools in His toolbox. You were created for community; you weren’t wired to do this by yourself. It’s a great question to ask: Who are those good instruments that God has put in my life? How can I take advantage of those relationships?”

If you want to experience healing from the pain, wholeness, and peace, then you need the Lord and you need to allow Him to use other people to help. People want to help you and are able to help you, if you will allow them and offer some direction.

MOST PEOPLE DON’T KNOW WHAT YOU NEED

Many times people have no idea of what would truly be helpful to you. They may bring food, when what you really need is a babysitter or a mechanic. They may think you’re doing fine and don’t need help—when actually you do. It is important to be assertive in this situation. People want to help, so do not deny them this opportunity, which can be a blessing for both of you!

HOW CAN OTHERS HELP? WHAT CAN YOU ASK OF OTHERS?

If you need a hand with the housework or yard, need a healthy role-model for your children, are struggling to create a budget, are juggling too many tasks at work, or need someone to listen and not offer advice—let your needs be known. Perhaps you need help with holiday planning, meal preparation, decorating, or taking your children shopping or to special events.

“Let your friends, relatives, and coworkers know you will need help and what type of help you’ll

need. In a moment of crisis, it’s difficult to say exactly what it is you need, but whatever it is that you might need, go ahead and call now,” advises Sabrina D. Black.

BE HONEST

Jennifer shares from her experiences, “Be honest with friends and family and ask them to pray for you. I know their prayers held me up so many times.” Let people know what they can pray for specifically, and not just that you will “make it through.” Ask them to pray that you will draw closer to the Lord and find deep, inner peace; that you’ll be able to extend help and support to others; and that you’ll experience a strength that you’ve never before had. Ask them to pray that you’ll have the constant assurance you’re not alone.

Asking for and accepting help is an important part of living in a community and being in relationship with others. Ask God whom to approach for help, and reach out and let someone help you. You will be glad you did!

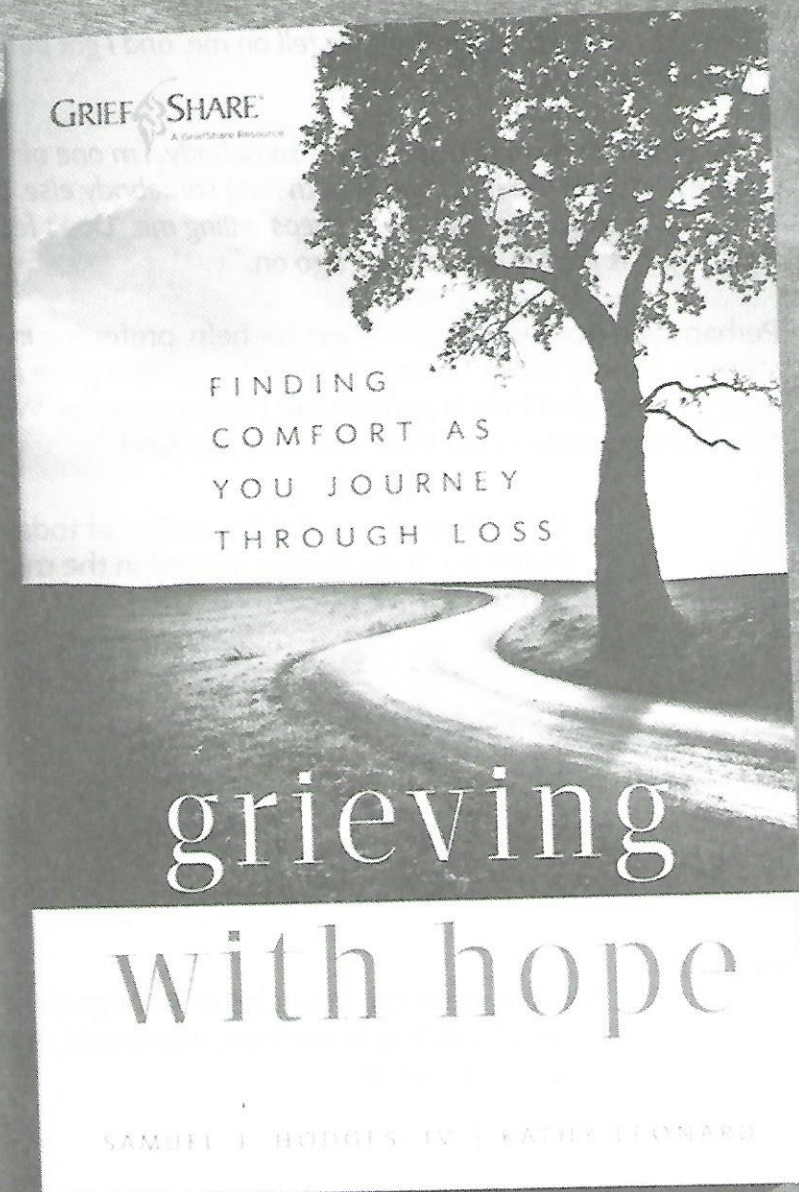


In this week's From Mourning to Joy exercises ...

You'll hear how David was hesitant to ask for help after his wife died, but found it was necessary. He also shares practical tips on how he's relied on God to meet his needs. You'll find helpful suggestions for your grief journey this week.

"God's comfort is to be sought." –Phil Sasser

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your journey
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FROM MOURNING TO JOY

ENCOURAGEMENT AND COMFORT FROM GOD'S WORD

Session Four - The Journey of Grief - Part Two



DAVID: "EVERYTHING FELL ON ME"

"Carol and I were doing pretty good [financially] because her social security covered the house payment and with mine it was bills, groceries, gas, and maybe going out to eat a couple times. When she passed away, everything fell on me, and I got put into a financial hardship.

"I'm a hard person to take help from somebody. I'm one of these people who feels like he's always bothering somebody else, but I'm trying to learn and everybody keeps telling me, 'Don't feel that way. Ask for the help and let's go on.'"

Perhaps you don't like to ask others for help, preferring instead to handle things on your own. Setting aside pride and asking for needed help is part of your healing process. We need other people in our lives, and we need God.

**DAY
1**

Your efforts to heal

Grief lasts longer than you might have expected, but putting forth effort to do your grief work will help you heal.

GOD'S MESSAGE TO YOU

"How long, LORD? ... How long must I wrestle with my thoughts and day after day have sorrow in my heart? ... But I trust in your unfailing love, my heart rejoices in your salvation. I will sing the LORD's praise, for he has been good to me." (Psalm 13:1-2, 5-6)

1. What thoughts do you have about how long your grief and pain is lasting?

2. What three things did the author of today's Psalm do to encourage himself in the midst of his sorrow?

a.

b.

c.

3. What steps can you take, or what goals of grief are you willing to work on, that would move you toward healing?

"I'm a big believer that the Lord will take care of me." -David

CONSIDER THIS

Reflecting on God's love doesn't instantly remove your sorrow, but it can ease your pain and give you hope.

"The stable things in your life are going to help you through the ups and downs of grief: going to God, going to God's Word, fellowship with other Christians."

–Phil Sasser

TALKING TO GOD

God, the Bible says You are stable and unchanging. Your love for me doesn't ebb and flow; it's constant and strong. I want to keep trusting in Your steadfast love in the midst of my unpredictable life.

BE SURE TO COMPLETE THE MY WEEKLY GRIEF WORK SECTION EACH WEEK.

DAY
2

Look expectantly for healing

We have to wait for healing. We can't force it to happen. But we can learn to wait expectantly.

GOD'S MESSAGE TO YOU

"I wait for the LORD, my whole being waits, and in his word I put my hope." (Psalm 130:5)

1. In Psalm 130:5, how engaged is the psalmist in the waiting process?

2. What does the psalmist do while he waits?

3. The word for "hope" in the Bible does not refer to wishful thinking or "I hope so." This hope means an absolute certainty that something will come to pass. You can put your hope in God's Word by reading it, obeying it, and trusting in it. What changes will you make in your daily life to start putting your hope in God's Word?

4. Write down a Bible verse (you can choose one from your workbook, if desired) that you will put your hope in.

CONSIDER THIS

"God has called me to grow in some areas where before there was no growth. I need to be intentional to press into the Lord and to do those things well that He's called me to do." –Carla

TALKING TO GOD

God, I wait expectantly for the relief and comfort that will come from You. I'm not sure what it will look like, or when it will come, but I want to be in the right position to receive it.

DAY
3

You need help from others

We were created to help one another in love. That includes being a willing recipient. Define your needs, and ask for specific help from others.

GOD'S MESSAGE TO YOU

Exodus 17 tells of a battle that was raging between two nations. Moses was standing on a hill above the battle, holding up the staff of God. As long as his hands were held up, his people were winning. But when he lowered them, the other nation gained the advantage.

"It's good to have help. I can't do it by myself." –Shay

"But Moses' hands grew weary, so ... Aaron and Hur held up his hands, one on one side, and the other on the other side. So his hands were steady until the going down of the sun." (Exodus 17:12 ESV)

1. What does Moses allow his friends to do in Exodus 17:12?

2. What was the result (see Exodus 17:12)?

3. Why do you hesitate to ask people for help?

DAY 4

When pride holds you back

Have you considered that not asking for help can be a form of pride? Asking for help requires humility, and it shows a willingness to depend on God for your needs. Many times God provides for our needs through other people.

GOD'S MESSAGE TO YOU

"Do you see a person wise in their own eyes? There is more hope for a fool than for them." (Proverbs 26:12)

"When pride comes, then comes disgrace, but with humility comes wisdom." (Proverbs 11:2)

1. What areas of your life do you try to handle on your own, when you know deep down a little help would be beneficial?

2. Proverbs 26:12 mentions a person who is wise in his own eyes. Everyone can relate to that at some level. What does the proverb say about such a person?

3. How does Proverbs 11:2 challenge the thinking of the person who believes that asking for help is disgraceful? According to this passage, what is actually disgraceful?

CONSIDER THIS

"At first I was very shy to ask for help. I'd think, 'I should be able to do this.'" –Marne

"If I believe I'm self-sufficient, grieving situations will prove I was wrong about that." –Dr. Stephen Viars

TALKING TO GOD

God, I don't want to bother people; they have their own things going on. But despite these thoughts, I know I can't do this on my own. Give me the grace to ask for specific help and to accept it.

"To admit I needed help was a whole new adventure for me." –Cindy Bulterna

CONSIDER THIS

"I was raised very independent, very private. 'You don't need help, just figure it out. Life is hard. Keep moving.' But when David was killed, I realized, 'I can't do this on my own. This is too big.' As difficult as it was to receive the help, I would have been foolish not to." –Cindy Bultema

TALKING TO GOD

God, show me the areas in my life where I need to let go of my pride and humbly depend on You and others.

**DAY
5**

God can guide you out of the darkness

Your willingness to turn to God shapes your journey of healing.

GOD'S MESSAGE TO YOU

"Where can I go from your Spirit? Where can I flee from your presence? If I go up to the heavens, you are there; if I make my bed in the depths, you are there." (Psalm 139:7-8)

"Look to the LORD and his strength; seek his face always." (1 Chronicles 16:11)

"Anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him." (Hebrews 11:6b)

1. If you feel that God has abandoned you, where has He been, according to Psalm 139:7-8?

2. Even though God is everywhere, what does 1 Chronicles 16:11 tell us to do?

3. According to Hebrews 11:6b, what are two requirements of all those who go to (or seek) God?

CONSIDER THIS

"God is sustaining us, strengthening us, even when we're unaware of that. God's comfort is to be sought as well. In some sense, [the experience of comfort is] not automatic. There is a component to it that God says, 'Draw near unto God, and He will draw near unto you.'" –Phil Sasser

HOW OTHERS HAVE TURNED TO GOD

"Admitting my weaknesses and that I need help." –Donna

"I kept reading my Bible." –Carla

"I pray a lot." –Barbara

"Every day seek the Lord, hear Him, and be filled with the Holy Spirit so I can do what I need to do." –Carla

"Praising the Lord and thanking Him." –Sandy

TALKING TO GOD

One way I can choose to turn to You is through prayer. Help me to find more ways to turn to You throughout my days and throughout my nights. You are always there for me.

"The real answer is the presence of God." –Michael Card

DAVID: LOOKING BACK

"From the pride perspective, you don't want to admit things are rough, but in this situation you wake up real quick. You have to face your reality that life has to go on and you have to deal with what you are given. You can either throw your hands up and run away, or you can put it in God's hands and let Him fill your needs as you go along.

"Now we have to be patient, and patience is a big thing, especially when you are letting the Lord lead you and take care of you. You have to let Him do His will for your life, and it may not be the way you think it should be done, but we know His will is perfect and it's exactly meant for us. That's the way I live day-to-day and just let the Lord meet my needs. He's not let me down yet, and I don't think He ever will."

NEXT SESSION

See how grief affects your relationships and what you can do about it.

Surviving the Holidays

Thanksgiving and Christmas can be very painful when you are grieving a loved one's death. We want to help you survive, and even enjoy, the next holiday season.

Seminar
The Surviving the Holidays event features video instruction and group discussion. You will be encouraged!

Website
Find articles and videos that will equip you to survive the approaching holidays.

*"Only Surviving the Holidays could have prepared me for the emotions that ambushed me."
"It gives 'permission' to take care of myself above perceived social obligations."*

griefshare.org/holidays

GRIEF SHARE
SURVIVING THE HOLIDAYS

MY WEEKLY GRIEF WORK

Session - Four



PERSONAL CHECKUP - TRACK YOUR HEALING PROGRESS

Place a check in the box identifying how you're feeling. Insert words to explain why.

	REALLY BAD	OKAY	PRETTY GOOD	GREAT
EMOTIONALLY				
PHYSICALLY				
SPIRITUALLY				
RELATIONALLY				

JOURNAL TOPICS - MAKING SENSE OF IT ALL

Choose one or more ideas below, or choose your own topic. We encourage you to use a separate notebook for your weekly journaling.

-  Write down what you've done or plan to do with your loved one's belongings. What fears or worries do you have about this?
-  Describe some favorite places you used to go to with your loved one. Talk to God about the possibility of going to one of those places again without your loved one, as part of your grief work.

MOVING FORWARD - PRACTICAL STEPS TOWARD HEALING HOW TO BE PREPARED TO RECEIVE HELP

When people ask, "How can I help?" it's important to be prepared with answers. On a separate paper, (1) write down different areas where help is needed, (2) make a list of ways people could help, and (3) give your list to people willing to help. Here are ideas to get you started.

Areas I could use help:

Household chores, indoor/outdoor

- Someone to do a specific chore
- Instructions on how to do a chore
- Recommendations of someone to hire
- Someone to watch the kids so I can do a chore

Finances/Job

- Help with a financial need
- Wise counsel on financial decisions

- Guidance on how to budget
- Help with a job search

Companionship/Friendships

- Someone to listen and not offer advice
- Phone calls
- Friendly cards
- Someone who will pray with me