



Different Voices

Grief





**How to help someone
going through grief.**

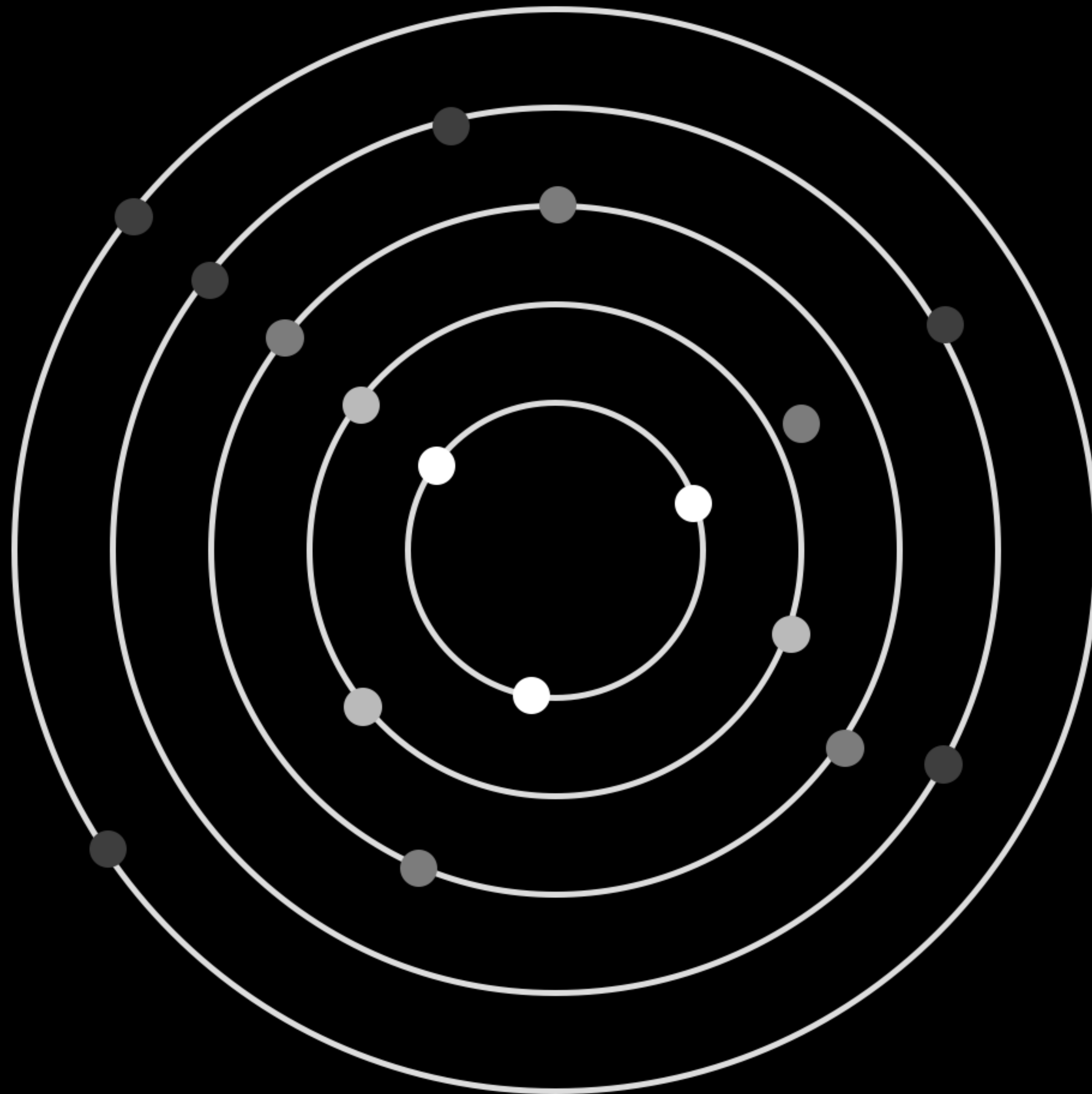
**What to do when we
are faced with grief.**

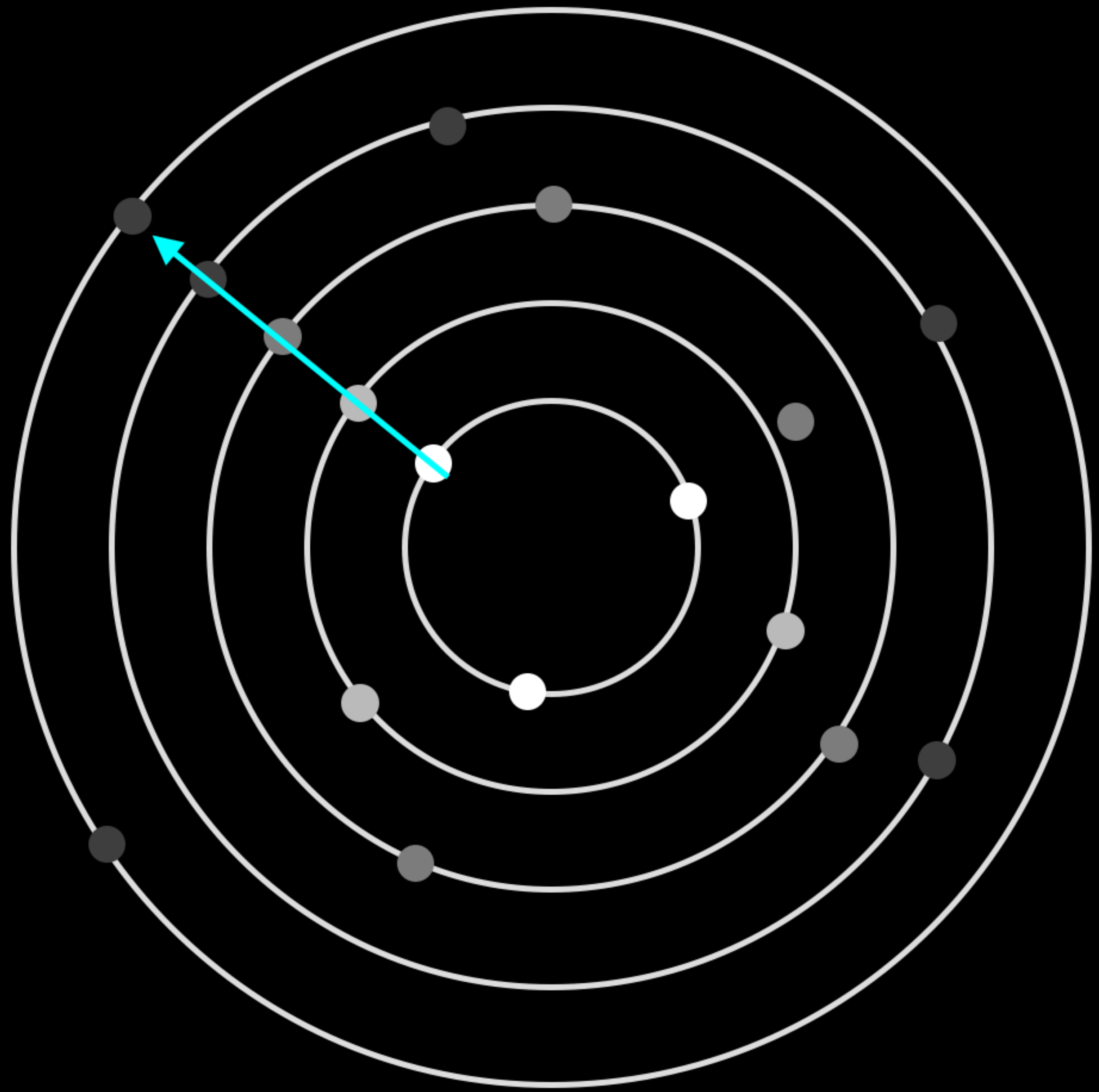
What not to say.

1. "How are you?"
2. "I couldn't handle what you're going through."
3. "I didn't _____ because I thought you wanted to be alone..."
4. "Let me know if you need anything."
5. "At least..."

What to say or do.

1. "How are you really doing?"
2. "What you're feeling is okay."
3. "I'm so sorry."
4. Do something practical.
5. Listen.
6. Share a story.







All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us. For the more we suffer for Christ, the more God will shower us with his comfort through Christ.

Stages of loss

1. Shock
2. Sorrow
3. Struggle
4. Surrender
5. Sanctification
6. Service

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

Romans 8:28

**We grieve with hope because we know
this is not the end of the story.**

So we're not giving up. How could we! Even though on the outside it often looks like things are falling apart on us, on the inside, where God is making new life, not a day goes by without his unfolding grace.

These hard times are small potatoes compared to the coming good times, the lavish celebration prepared for us. There's far more here than meets the eye. The things we see now are here today, gone tomorrow. But the things we can't see now will last forever.

2 Corinthians 4:18

