

# Grief and Loss



## Scripture for Those Grieving

*“Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.” (Psalm 23:4)*

*“Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. For just as we share abundantly in the sufferings of Christ, so also our comfort abounds through Christ.” (1 Corinthians 1:3-5)*

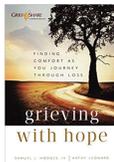
*“The LORD is close to the brokenhearted and saves those who are crushed in spirit.” (Psalm 34:18)*

*“He heals the brokenhearted and binds up their wounds.” (Psalm 147:3)*

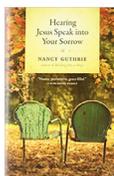
*“He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.” (Revelations 21:4)*

*“Blessed are those who mourn, for they will be comforted.” (Matthew 5:4)*

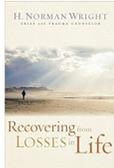
## Helpful Resources for Adults



Samuel Hodges  
and Kathy Leonard  
*Grieving with Hope*



Nancy Guthrie  
*Hearing Jesus Speak  
into Your Sorrow*



Dr. H. Norman Wright  
*Recovering from  
Losses in Life*

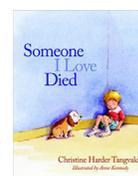


David & Nancy Guthrie  
*When Your Family  
Lost a Loved One*

## Helpful Resources for Children



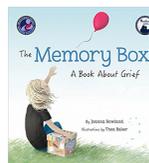
Todd Parr  
*The Goodbye Book*



Christine  
Harder Tangvald  
*Someone I Love Died*



Lisa Bergren and  
Laura Bryant  
*God Gave Us Heaven*



Joanna Rowland  
*The Memory Box*

## Everyone experiences loss.

It may be the death of a loved one, loss of a job, declining health, a new diagnosis, a failed relationship or a move. Grief is a normal and natural reaction to loss or change of any kind. It is painful, it is work and it is unique for each person. It can be experienced emotionally, physically, behaviorally, cognitively or spiritually. If you have experienced loss or are grieving, know that you are not alone and support is available.

## Tasks of Grief

**It is normal to experience grief after a loss.** There are four tasks accomplished through grief that help a person readjust to life and the world around them. They create the acronym TEAR. These tasks can occur in any order and people may need to revisit tasks over time.

### **#1: *To accept the reality of the loss***

There are basic ways a person can accept the reality of a loss such as verbally acknowledging that it has occurred, planning a funeral or memorial, or beginning to speak about the person (or whatever was lost) in the past tense.

### **#2: *Experience the pain of grief***

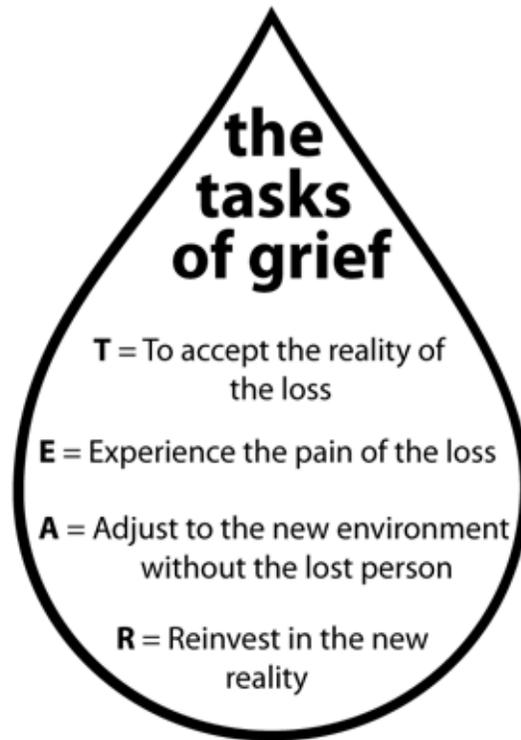
Each loss will require a person to work through many different emotions. From sadness, fear, loneliness, despair, hopelessness and anger to guilt, blame, relief and countless others, there are many emotions a person may experience. It is important to acknowledge, talk about and understand these complex emotions, and look to God for comfort and help through the process.

### **#3: *Adjust to an environment without the person (or whatever was lost)***

This task can mean very different things to different people depending on the relationship to the person who has died or the nature of the loss, as well as the roles that are impacted by the loss.

### **#4: *Reinvest in a new reality***

This final task involves finding an appropriate, ongoing connection in one's emotional life with the person who has died (or thing that was lost), while continuing to live life in the present without them. This often means allowing for thoughts and memories while beginning to meaningfully engage with things or people that bring pleasure.



*Worden (2009)*

## Support After a Loss

**It is important for people who are grieving to identify and draw on supportive relationships.** This may take the form of friends, family or clergy. It may also take the form of participation in a community-based support group.

GriefShare is a model that offers support groups in the community for people who have experienced a loss. It is Biblically-based, and through their group meetings, communities of people support one another as they grieve.

Visit the Charis website ([charisnetworkct.org](http://charisnetworkct.org)), the GriefShare website ([griefshare.org](http://griefshare.org)) or call 1.800.395.5755 to find a group.

*“The LORD is close to the brokenhearted and saves those who are crushed in spirit.”*

*(Psalm 34:18)*

## Complicated Grief and Professional Support

**During the first few months after a loss, it is common to experience many strong emotions and reactions.** For most people, these reactions soften in time and they are able to continue with life and enjoy relationships and activities. In some cases, a person may have a difficult time coping after a loss. The person may continue to have strong emotions or impaired functioning long after the loss occurred. This is referred to as complicated grief. Complicated grief is like being in an ongoing, heightened state of mourning that keeps a person from healing. When a person experiences complicated grief, they will likely benefit most from professional counseling and support. Counselors with this expertise can help a person process their feelings and work through the grief process.

The Charis website ([www.charisnetworkct.org](http://www.charisnetworkct.org)) offers a listing of Christian professional counselors practicing in central Connecticut.