



## CHRIST CHURCH RESOURCES

### GRIEF

Grief is an experience that all of us will encounter at some point in our lives. It's not a sign of weakness and it's not something at all to be ashamed of. It is a natural response to a loss that all humans experience. Knowing that grief is something that we will all face, it's important to know that we are in control of how we will choose to grieve. The purpose of grieving is to work through and process in a healthy manner the loss that we have experienced. The purpose of grief recovery is not just to feel better about a loss that we have experienced, but healthy grieving allows us to process and find joy again.

If you, your loved one, or a close friend is experiencing a final illness or if death seems immanent then you may be experiencing anticipatory grief. Anticipatory grief is when we grieve the loss of a close friend or loved one before the actual death. This isn't much different than the grief we experience after the death of a loved one. This grieving may include a deep sadness, depression, feelings of fear, anger, and even denial. Anticipatory grief allows us to receive and gain closure prior to the loss or death of our loved one. This can allow us the opportunity to seek forgiveness, or say "thank you", or "I love you", or to say our final goodbyes.

If you are in the middle of grieving or a great loss then you may have experienced that not many people can understand the deep hurt that you're feeling. This can create a feeling isolation and aloneness. You may be asking questions that you have never had to ask before.

### SCRIPTURE

Matthew 5:4

Psalm 18:2

Matthew 11:28-30

Psalm 55:22

### RESOURCES

Holding On To Hope by Nancy Guthrie

Nearing Home: Thoughts on Life, Faith, and Finishing Well by Billy Graham

Coping When Your Spouse Dies by Medard Laz

Grieving with Hope by Leonard & Hodges