Keeping Your Faith in Times of Loss

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What is Grief?

Grief is a journey of coping with and expressing the experience of absence.

Grief Myth Busters

GRIEF IS SOMETHING YOU GET OVER.

Truth: Grief isn't something you "get over," but something you walk through with God's presence.
Psalm 34:18 **Ecclesiastes** 3:1, 4

GRIEF IS THE SAME FOR EVERYONE.

Truth: Everyone's grief journey is personal, but God meets each of us where we are.
Psalm 139:1-3 **Isaiah** 43:1-2 **Lamentations** 3:22-23

GRIEF COMES IN LINEAR STEPS/STAGES

Truth: Grief is not a checklist — it's a winding path.
Psalm 23:4 **Philippians** 1:6

GRIEF ISN'T FOR THOSE WITH FAITH IN GOD

Truth: Grief is a result of broken connection and/or deep love.
John 11:33-36 **1 Thessalonians** 4:13 **Romans** 8:38-39

GRIEF MEANS GOD IS PUNISHING ME

Truth: The enemy is the father of lies but God as a Father is a protector and a provider.
John 16:33 **Psalm** 46:1

Grief Myth Busters Continued

- **GRIEF IS SIMPLE**
  Truth: Loss opens up complex journey and space that only God can fully fill.
  Matthew 5:4 Psalm 73:26 Isaiah 61:3

- **I JUST NEED THEM OR THAT**
  Truth: Our ultimate need is for God — only He can truly sustain and heal.
  Psalm 42:1-2 Philippians 4:19 Colossians 2:10

Pathway to Process Grief

- Lamenting - Cry
- Scripture - Concentrate
- Praise & Worship - Consecrate
- Community Support - Connect

Practicality & Planning

- Take initiative - Make it habitual to embrace Christ.
- Expect the unexpected - Feel what you do when you do.
- Live in Community - Don't do it alone

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