

## Walking with Someone Through Grief

*10 Things to Understand about a Grief. (Goal of Grief—Acceptance of the Loss; Turn to God; Ability to express emotions and establish a new identity—Journey through Grief Not Get Stuck)*

1. Grief is a Unique Journey
  - a. Expressed differently, there is not a manual
2. Grief has a purpose and can't be skipped
  - a. Lean into grief (Grief Work-Normal; Mixed Emotions; Doing the Next Thing)
  - b. Processing the Pain (Pain is real; it can increase; avoiding the temptation to numb the pain; ambushes of grief)
3. Challenges of Grief
  - a. Grief Affects Everything (Thinking, Physical Health)
  - b. Losses Primary and Secondary
  - c. Faith Shaken (Lament—Why—Mortality)
4. Be Present
  - a. Listen-provide a space for the story to be told repeatedly, there is healing in telling the story
5. Understanding the Losses, the Person has Experienced (Primary and Secondary)
  - a. Practical help (do the next thing; put off making major decisions delayed if possible)
  - b. Invitations/Involvement
  - c. Church Attendance
6. Intense Loneliness is a Reality
7. Relationships Change
8. Complicating Factors
  - a. Trauma/Multiple Deaths/Suicide/Murder
9. Pain and Peace can Coexist
  - a. Moving Forward not Moving On
10. Embracing Loss as an Evangelism/Discipleship