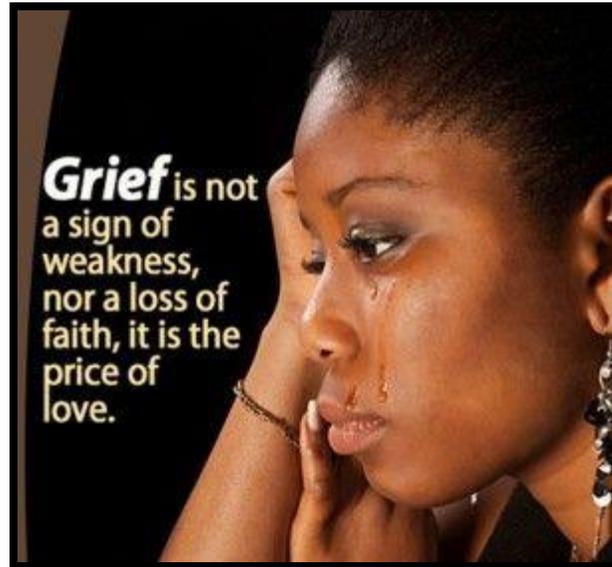


Supporting Those Who Are Grieving



My Dear Sisters,

The following is a summary of the workshop we shared on June 13th, 2020. We pray that you will be able to make use of the information below and share the basic precepts with other. May God bless you for your hearts to help and love one another.

“Blessed are they that mourn for they shall be comforted.” (Matthew 5:4)

Grief is a unique journey that is different for every single person and every single loss that is grieved. It is the pain of the loss of a loved one or anything significant to the identity of a person such as a job, pet, divorce, etc. How a person grieves and how long they grieve is as unique as a person’s fingerprints or their DNA. No two people grieve the same – even if they have lost the same loved one.

Grief and suffering is natural and unfortunately must be endured for a time.

“We do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all.” (2 Corinthians 4:16-17, NIV)

Grief is a very real human response to the loss of a loved one.

- Grief is “normal” – God wired us to respond to the pain of a loss.
- Grief is “natural” – We can’t avoid it. We love, we lose the one we love, we grieve.
- Grief is “necessary” – It is a healthy way to cope with the loss and everything it means to us.

Reach out to God with your grief and sorrow.

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

Key things to remember about grief:

- There is no time limit on grief. A person may grieve as long or as short as they feel the pain of the loss.
- Grieving does not mean a lack of faith in God.
- Those grieving are often battling some form of guilt (for end of life decisions, for things left unsaid, for relationship challenges – any number of things)
- Grieving is not a reflection of your personal strength as a person.
- Crying is not a sign of weakness but a good way to express the pain welled up inside from grief.
- It’s ok to have “hard conversations” with God and tell Him about the pain of your grief.
- How long a person grieves is not a reflection on how much a lost loved one is loved.
- There are stages of grief but no defined length of time one grieves in each stage nor a specific order a person goes through those stages.

Remain hopeful, knowing that this feeling of deep grief will pass.

“I tell you the truth, you will weep and mourn while the world rejoices. You will grieve, but your grief will turn to joy.” (John 16:30, NIV)

Statements that are **not helpful** when supporting someone that is grieving:

- “I know how you feel.” Even if we went through the same type of loss, we never really know how someone else feels.
- “How are you doing?” This question can be a painful reminder of the person’s sadness and pain.
- “He/she is in a better place.” For the person that is grieving, this could be painful because for them, the “better place” is to have them present and not deceased.
- “You’ll get over it soon.” There is defined length of time to grieve any loss.
- “Just don’t think about it.” This is a painful suggestion because it’s so difficult for those grieving to escape the pain and think of anything else.
- “It’s time to get over it.” Or “It’s time to get on with your life.” There is no prescribed length of time to grieve.

Reach out to a friend and share their pain.

“Carry each other’s burdens, and in this way you will fulfill the law of Christ.” (Galatians 6:2, NIV)

What we can do to support those who grieve:

- Exercise the ministry of presence – just “be there” for them.
- Don’t give advice and be a good, patient active listener.

- Be a companion and walk through the wilderness of the grief journey with them. Don't try to shorten their journey or determine their path. Just go along with them.
- Continue to use the loved one's name. Though they are physically gone, they continue to live in the hearts of the living.

Encourage those grieving to remain hopeful, knowing that deep grief will pass.

"I tell you the truth, you will weep and mourn while the world rejoices. You will grieve, but your grief will turn to joy." (John 16:20, NIV)

We have many seasons in our lives but seasons of grief are often the most difficult. We can reflect on fond memories of the past even in the midst of sorrowful times.

"To everything there is a season, and a time to every purpose under the heaven: A time to be born and a time to die; A time to plant, and a time to pluck up that which is planted; A time to kill and a time to heal; A time to break down and a time to build up; A time weep, and a time to laugh; A time to mourn, and a time to dance". We encourage those that mourn to remember the season of dancing will return. Our God promises never to leave nor forsake us. He knows our every care.

God Bless you!

Rev. Novona Byrdsong

Fort Foote has a grief support group called the Healing Hearts of Hope. The group offers an 8-week program geared towards helping members understand the grief journey. Our mantra is "You have to feel it to heal it." For more information about "The Healing Hearts of Hope" contact: Mrs. Lori Hill or Rev. Novona Byrdsong (nbyrdsong@gmail.com)

Source Material for the KWM workshop on grief:

- "Good Grief" by Granger Westberg
- "Understanding Your Grief" by Alan D. Wolfelt, Ph.D.
- "Journeying Through Grief" by the Stevens Ministry
- A Time to Heal Hospice Grief Counseling materials, Hospice of Charles County
- The Holy Bible

A Strong Woman vs. A Woman of Strength

**A strong woman works out every day,
Pride in her appearance she portrays,
But a woman of strength kneels to pray,
Keeping her soul in shape, God leading the way.**

**A strong woman isn't afraid of anything,
Looking forward to challenges each day will bring,
Women of strength show courage in the midst of fear,
Knowing triumph through faith because the Lord is near.**

**Strong women won't let anyone get the best of them,
So skilled in defense even if they have to pretend,
Yet a woman of strength gives her best to everyone,
Knowing she's anointed with blood from the begotten One.**

**A strong woman makes mistakes and avoids the same for tomorrow,
Refusing to take time looking back with reverence and Godly sorrow,
The woman of strength realizes life's mistakes no matter how slim,
While thanking God for the blessings as she capitalizes on them.**

**A strong woman walks sure footedly with no doubt in her mind,
Again, no matter what, she'll not make this mistake a second time,
But a woman of strength knows God will catch her when she falls,
So when a situation arises again, she's not afraid to answer the call.**

**A strong woman wears the look of confidence on her face,
Always doing whatever it takes to finish, seeking only first place,
The woman of strength competes with an emotional sense of grace,
Understanding it's more important to run a Holy Spirit filled race.**

**A strong woman has faith that for the journey she'll have enough,
No matter how uneven the terrain or roads being rocky and rough,
A woman of strength knows it's in the journey she will become strong,
And the love of God is forever with her, no matter how difficult or long.**

God's Emergency Numbers

When in sorrow, call ~ John 14

When others fail you, call ~ Psalms 27

If you want to be fruitful, call ~ John 15

When you have sinned, call ~ Psalms 51

When you worry, call ~ Matthew 6:19-34

When you are in danger, call ~ Psalms 91

When God seems far away, call ~ Psalms 139

When your faith needs stirring, call ~ Hebrews 11

When you are lonely and fearful, call ~ Psalms 23

When you grow bitter and critical, call ~ 1 Corinthians 13

For Paul's secret to happiness, call ~ ~Colossians~ 3:12-17

For an idea of Christianity, call ~ 1 Corinthians 5:15-19

When you feel down and out, call ~ Romans 8:31-39

When you want peace and rest, call ~ Matthew 11:25-30

When the world seems bigger than God, call ~ Psalms 90

When you leave home for labor or travel, call ~ Psalms 121

When your prayers grow narrow and selfish, call ~ Psalms 67

For great invention/opportunity, call ~ Isaiah 55

When you want courage for a task, call ~ Joshua 1

How to get along with a fellowmen, call ~ Romans 12

When you think of investments/returns, call ~ Mark 10

If you are depressed, call ~ Psalms 27

If your pocketbook/wallet is empty, call ~ Psalms 37

If you are losing confidence in people, call ~ 1 Corinthians 13

If people seem unkind, call ~ John 15

If you are discouraged about your work, call ~ Psalms 126

If you find the world growing small and yourself great, call ~ Psalms 19

Author Unknown

Emergency numbers may be dialed direct.

No operator assistance is necessary

All lines are open to heaven 24 hours a day!

Feed your Faith, and doubt will starve to death!



Best to view in full screen.

FABULOUS VIDEO OF THE YEAR !

IT'S JUST WONDERFUL !

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