



Thoughts on Grief

22 Feb 25

1) How to recognize grief

- A person in grief will give subtle thoughts about their grief that is very crippling in their daily life.
 - "I don't do _____ because we did that together."
 - "I can't _____ because there are too many memories there."
 - "I like to talk about _____, but no one wants to hear about him/her."
- And, of course, the obvious: isolation, loss of appetite, loss of self-worth, etc.

2) How to support/be there for someone going through grief

- Just show up! Quietly listening and watching for a clue as to what to say.
- It's okay if they cry. They need that. Give them some time.
- At the right time, ask the griever to tell you about their loved one. They want to shout to the world how awesome and special their loved one is, and they need someone to listen and hear about them.
- Especially 2-3 months afterward, when all the texts, phone calls, cards, etc. stop coming. That's when the deep grief period begins. A simple text or call to ask how they're doing, how you can help, etc.
- Be specific in asking how to help and suggest a solution, such as, "I'd like to come over and cover your faucets and whatever else needs to be done before this cold weather sets in."
- Check-in regularly with them until you know they are doing better.

3) What to say

- If you know the loved one, share your thoughts about him/her. (When we're grieving, we forget all the bad things about our loved ones and want to hear all the good things!)
- Share a story about him/her?
- When sharing your comforting words, be sure they are as a prayer that God will enable the griever to turn to Him for their source of comfort, peace, strength, and hope.
- These are anchors in their souls that they want to hold onto. They need to hear that often to help them turn to God.

4) What not to say.

- The words that shut down a grieving person are those "cliches" that friends think are encouraging and helpful. But they are not.

- These words will keep a grieving person from sharing because they feel weak and helpless or that they are being judged, or that the person does not understand how much they loved their lost one.
 - "It will be better in time."
 - "They're in a better place now." Even though the Christian griever knows that; they aren't there yet and need some time to give their loved one up to God.
 - "It's time to move forward and not live in the past." That's where they are right now.
 - "You should, or If I were you, I would."
 - Tell a story to top the griever's story of someone you knew in the past.

5) Miscellaneous

- Grief is not isolated to just your widow(er) and will likely affect the whole family.
- Feel free to share the Grief Share ministry information with your widow(er) and their family,
- There's a saying:
 - If you lose your parents, you lose your past.
 - If you lose your spouse, you lose your present
 - If you lose your child, you lose your future.