



## Ten Stages of Grief

(Not necessarily in the order of their occurrence)

### SHOCK

Overwhelming sorrow causes a temporary state of anesthesia, which should last only a short time.

### FEEL DEPRESSED AND VERY LONELY

Feelings of utter depression and isolation, that neither God nor anyone else cares, that no one has grieved like this.

### MAY BECOME PANICKY

Thinks of nothing but the loss, which hinders effectiveness in everything. Wonder so if he is losing his mind and grip on life.

### FILLED WITH ANGER AND RESENTMENT

Critical of everything and blames anything connected with the loss. Why did God do this? How could He be a loving God?

### HOPE GRADUALLY COMES THROUGH

A little glimpse of hope comes in one experience or another.

**EXPRESS EMOTION** Uncontrollable urge to express grief; crying.

### PHYSICAL SYMPTOMS OF DISTRESS

Unresolved grief. Has not worked through central problems related to loss. Has stopped at a place of feeling guilt and hostility.

### STRUGGLE TO AFFIRM REALITY

"Never old selves again." Become "different" people; either stronger or weaker, either healthier or sicker in spirit.

### RESISTING RETURN TO NORMAL

The sorrow must be kept alive. Do not let things go back to the way they were before.

### FEEL A SENSE OF GUILT ABOUT THE LOSS

Normal guilt or neurotic guilt. Offenses occur because of things blown out of proportion.

*Though I walk in the midst of trouble, you preserve my life; you stretch out your hand against the anger of my foes, with your right hand you save me.*

Psalms 138:7

*Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.*

Psalms 23:4

*Though you have made me see troubles, many and bitter, you will restore my life again; from the depths of the earth you will again bring me up.*

Psalms 71:20

*But I will restore you to health and heal your wounds,' declares the LORD 'because you are called an outcast, Zion for whom no one cares.'*

Jeremiah 30:17

*Fear of man will prove to be a snare, but whoever trusts in the LORD is kept safe*

Proverbs 29:25

*Whenever our hearts condemn us, for God is greater than our hearts, and he knows everything.*

1 John 3:20

*Herein is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins.*

1 John 4:10

*Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God.*

2 Corinthians 1:3-4

*Trust in the LORD with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight.*

Proverbs 3:5,6

*I will lead the blind by ways they have not known, along unfamiliar paths I will guide them; I will turn the darkness into light before them and make the rough places smooth. These are the things I will do; I will not forsake them.*

Isaiah 42:16

...grieve like the rest of men, who have no hope.

1 Thessalonians 4:13