



It Hurts to Lose Someone You Love

When you lose someone you love, it hurts.
It hurts when you least expect it.
It hurts in the middle of the night.
It hurts in your heart and the pit of your stomach.
It takes your breath away.

**It hurts to lose someone you love,
someone who holds a special place in your heart.**

When you lose someone you love, it doesn't seem real.
It feels like a dream...a nightmare, really.
It feels like a shock.
It can make you feel numb.
It can be hard to accept, taking time to get from your head to your heart.

You may be asking, "How can I go on? How can I endure this pain?"

*God's Word says, "I can do all things through Christ, who strengthens me."
Philippians 4:13*

When you lose someone you love, it stirs heartache and fear.
It hurts for days, weeks and months to come.
It can cause you frustration.
It can cause you to fear.
It can make you feel empty and alone.

But in the middle of your heartache and fear, Jesus can bring peace.

God's Word says, "Peace I leave with you; My peace I give you. I do not give to you as the World gives. Do not let your heart be troubled and do not be afraid." John 14:27



When you lose someone you love it hurts deeper than you ever thought imaginable.
It doesn't seem fair.
It hurts.
It hurts.
It just hurts.

Does anyone understand? Does anyone care?

God does.

God understands and He cares when you hurt.

*God's Word says, "The LORD is close to the brokenhearted
and saves those who are crushed in spirit."
Psalm 34:18*

When you lose someone you love, it's okay to ask "Why?:
Why my loved one? Why now?
Why...? Oh God, why?

It's okay to ask "Why?" God can handle our questions.

Though His answers may not be the ones you want, if you are willing to listen,
they will comfort you.

*God's Word says, "Answer me quickly, O LORD; my spirit fails.
Do not hide your face from me or I will be like those who go down to the pit.
Let the morning bring me word of your unfailing love, for I have put my trust in You.
Show me the way I should go, for to You I lift up my soul."
Psalm 143:7-8*



Who is God?

He is the Living God.

He is the One who made us for Himself.

He is the One who has Himself entered into suffering and brokenness.

He is merciful.

He is powerful.

He is good.

When you lose someone you love, it's okay to cry.

It's okay for men and for women.

It's okay for boys and for girls.

It's okay for the young and for the old.

It's even okay if you're a Christian.

It's okay to cry.

Our tears are precious to God. He collects every one.

God's Word says, "You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in Your book." Psalm 56:8

"Our culture trains boys early to believe that it is unmanly to cry,
that to shed tears is to be a coward...

Crying, however, is as normal an emotional response as laughing and is designed...
to restore mental and physical equilibrium during periods of great stress...

There are times in our lives when tears—tears of compassion, tears of balm for suffering
and bereavement—are the best medicine...

One of the most eloquent passages in all literature is found in the New Testament and
contains two simple words: 'Jesus wept.'"

Excerpt from Dr. Lindsay R. Curtis, For WOMEN Only



When you lose someone you love, reach out.
Reach out and take comfort from others.
Reach out and share the tears.
Reach out because they are hurting too.
You will be comforted and feel less alone in your sorrow.

Reach out in your grief and take comfort from others—allow it to draw you closer.

God's Word says, "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. For just as the sufferings of Christ flow over into our lives, so also through Christ our comfort overflows." 2 Corinthians 1:3-5

When you lose someone you love it hurts.
Hurt takes time to heal.
More time for some, and less for others.
Give yourself time knowing God's timetable may be different than yours...but time does help.

How much time will it take?

When you love deeply, you grieve deeply.

But one day you will wake up and realize your loss was not the first thing on your mind. You will know that you are better than you were in the beginning. You will know you are healing.

*God's Word says, "My grace is sufficient for you,
for My power is made perfect in weakness."
2 Corinthians 12:9*



When you lose someone you love it hurts, but you can move on.
You still have a future and God still has a plan for you.
Joy and pain can coexist.
Real healing isn't the absence of pain, it is the presence of joy and pain together.

What now?

*God's Word says, "Praise be to the LORD, for He has heard my cry for mercy.
The LORD is my strength and my shield; my heart trusts in Him, and I am helped.
My heart leaps for joy and I will give thanks to Him in song." Psalm 28:6-7*

When you lose someone you love, look to heaven.
Remember that God has promised a better place for those who have placed their trust in Him.
This world is not your home.
Encourage and console yourself with that hope.

Our hope is found when we look heavenward.

*God's Word says, "Since, then, you have been raised with Christ,
set your heart on things above, where Christ is seated at the right hand of God.
Set your minds on things above, not on earthly things." Colossians 3:1-2*



How Can I Know I Will Go To Heaven?

You must believe in your heart that Jesus is God and that He paid for your sins. With a repentant heart, come to Him in total trust and He will forgive all your sins and give you eternal life. If you want to accept Jesus Christ as your Savior and receive forgiveness from God, here is a prayer you can pray...

"Dear Heavenly Father,

I am a sinner and cannot save myself. I believe that Your Son Jesus Christ died on the cross in my place, for my sins, and rose from the dead to give me salvation. I now accept Him as my personal Savior, trusting Him alone to give me eternal life and a personal relationship with You.

Amen."





How To Talk To Your Child About Grief

Parents: It is important to talk to your child about grief. It is important to share what's going on and why you feel the way you do. They need to know their feelings are okay. The number one thing they need is for you to be available and offer your presence, affection and undivided attention at this time of uncertainty. Below are some key insights to help you help your child understand death as excerpted from Delores Kuenning's book Helping People Through Grief, as well as a list of helpful resources.

- **Be open to a child's questioning about death.**
- **Give accurate information promptly.**
- **Be honest.**
- **Ask what truth the child is seeking** – they may not need a lot of information. A simple fact may do.
- **Avoid judgmental statements and don't moralize** – don't tell your child how he or she should feel.
- **Use "death" language and avoid euphemisms** – saying "He died", rather than "He passed away" or "We lost him". Euphemisms are vague and create confusion in understanding.
- **Don't equate death with sleep or sickness** – they need reassurance that death is not a long sleep.
- **Teach with animals and plants** – death of animals allow a gradual understanding of human death. You can also use the life cycle of plants to teach about death. This especially helps smaller children have a more concrete understanding of death.
- **Understand that humor may serve as a release of tension.**
- **Don't say "God needed her", "God took her", "God punished her", or "It is God's will"**. Assure your child that God understands our pain and will help us through it.
- **Don't try to stop the grieving process.**
- **Be aware of irrational guilt feelings.**
- **Give the child affection.**
- **Don't fragment the family or initiate more changes than necessary.**
- **Be open about your tears and feelings.**
- **Encourage your child to write a letter or draw pictures.**
- **Encourage reminiscing about your loved one.**
- **Speak of heaven in terms of relationship with God rather than a place.**
- **Pray for wisdom.**

Resources

Someone I Loved Died, Christine Harder
What is Heaven Like?, Beverly Lewis

It's Okay to Cry, H. Norman Wright
Someday Heaven, Larry Libby



The Stages Of Grief

The following framework may be useful in determining how far a mourner has progressed in the grieving process. Both child and adult separation reactions have been used to provide five generally recognized stages.

1. **Denial.** This first reaction occurs before grieving has really begun. The mourner denies that the death has actually occurred and expects the deceased to suddenly reappear.
2. **Searching and protest.** Here the survivor is preoccupied with the lost person and quietly —searches|| for him or her. Prolonged conversations with the dead person and wearing items of clothing identified with the dead person may be typical at this stage. Direct expressions of hostility against the deceased may also occur.
3. **Despair and depression.** This is the main emotion of the readjustment period, as the realization of the loss sets in.
4. **Disorganization follows this despair.** Turmoil, emptiness, pointlessness of life, and even thoughts of suicide may be present.
5. **Reorganization and acceptance.** This finally occurs in which normal functioning is resumed. Some periodic regressions to earlier stages of grieving may occur from time to time, but the mourner quickly recovers from these repeated grieving episodes.

God's Word Brings Comfort

2 Corinthians 4:8-9, 16-18

"We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down but not destroyed.

Therefore 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. So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal."

Matthew 11:28

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

Psalms 55:22

"Cast your cares on the LORD and he will sustain you; he will never let the righteous fall."



John 16:22

"Now is your time of grief, but I will see you again and you will rejoice, and no one will take away your joy."

Isaiah 40:29-31

"He gives strength to the weary
and increases the power of the weak.
Even youths grow tired and weary,
and young men stumble and fall;
But those who hope in the LORD
will renew their strength.
They will soar on wings like eagles;
they will run and not grow weary,
they will walk and not faint."

Psalms 33:18-22

"But the eyes of the LORD are on those who fear Him,
on those whose hope is in His unfailing love, to deliver them from death
and keep them alive in famine. We wait in hope for the LORD;
He is our help and our shield. In Him our hearts rejoice,
for we trust in His holy name. May your unfailing love rest upon us,
O LORD, even as we put our hope in you."

Psalms 62:5-7

"Find rest, O my soul, in God alone;
my hope comes from Him.
He alone is my rock and my salvation;
He is my fortress, I will not be shaken.
My salvation and my honor depend on God;
He is my mighty rock, my refuge."

Jeremiah 17:7-8

"But blessed is the man who trusts in the LORD,
whose confidence is in Him.
He will be like a tree planted by the water
that sends out its roots by the stream.
It does not fear when heat comes;
its leaves are always green.
It has no worries in a year of drought
and never fails to bear fruit."

John 11:25-26

"Jesus said to her, 'I am the resurrection and the life. He who believes in me will live, even though he dies; and whoever lives and believes in me will never die. Do you believe this?'"



A Grief Survival Guide

How to Keep Moving Toward Recovery

- Don't be ashamed to express your emotions. Talk through them or cry through them. Find a friend you can trust to be a good, supportive listener and prayer partner.
- Maintain your spiritual lifeline. Read the Bible and pray, telling God honestly how you feel and listen for His answers.
- Maintain adequate nutrition and physical exercise during your grief process. A strong body contributes to clear thinking and an improved emotional state. Poor nutrition and lack of exercise are often factors in prolonging and deepening depression.
- Stay involved with friends and family. Make an effort to reconnect with familiar routines and interests. Take a grief recovery class or join a support group. Travel and visit places you have always wanted to see. Enjoy your family's companionship, but don't lean too heavily on relatives for your needs.
- Write a letter to God. Say exactly what you are feeling. If you never got a chance to say goodbye to the one you love, then say it in a letter. You may even want to save the letter and read it over in the years to come.
- Treasure memories and mementos. Some people, in the intense stages of grief, will put all reminders of a loved one in a box and give them away. Then, when they move into the sadness or acceptance phases, they will wish they had kept something as a memento. Avoid making hasty decisions about your memories. Mementos help keep warm memories alive.
- Find a way to minister to other people, particularly people who are grieving. One of the best ways to overcome grief is to transform your pain into help and healing for others. In the process, you will find yourself getting involved in life, in the world, and in the lives of other people again. It's hard to sit and mope when life offers the satisfaction of helping and healing other people.