

# Coping with grief and lost

February 21, 2022

**PSALM 34:18 NKJV – (18)** The LORD is near to those who have a broken heart and saves such as have a contrite spirit.

There is no right way to grieve. Each person experiences and expresses grief in his / her own way. Loss is a natural part of the process of living.

Everyone experiences loss. Some losses are more painful than others. Loss brings with it another natural and very human response - grief. Like resting when we are tired or drinking when we are thirsty, grieving is a normal, necessary and natural part of staying healthy. Grief is nature's way of healing an emotional wound.

The process of grief takes place over time. There is no right way to grieve, and each person experiences and expresses grief in his / her own way. The important thing is to allow yourself to grieve and not try to suppress what you are feeling.

## **THE TASKS OF GRIEVING**

- Accept the reality of the loss
- Feel the pain of grief
- Adjust to a new environment in which the loss is missing
- Reinvest emotional energy in new relationships

## **SCRIPTURE READING**

**2 CORINTHIANS 4:17-18**

## **THOUGHT FOR THE WEEK**

"Those we love and lose are always connected by heartstrings into infinity."

"A JOURNEY OF THE HEART"