

GRIEF

Talking Points

- The five stages of mourning and grief include: denial & isolation, anger, bargaining, depression, and acceptance. These stages were first proposed by Elisabeth Kubler-Ross in her 1969 book, *On Death and Dying*.
- In your bereavement, you will spend varying lengths of time working through each step, expressing each stage with different levels of intensity. The stages don't occur in a specific order. You will often move between stages before achieving a peaceful acceptance of death.
- People grieve differently. Some wear their emotions on their sleeves. Others will experience their grief more internally and may not cry.

Scriptures

Psalm 23	1 Corinthians 15
Isaiah 43:1-3	John 14:1-7
Romans 8	Revelation 21
Matthew 11:28-30	

Prayer

Heavenly Father, Thank you for your presence in my life. There are moments I see your touch, when grief is more than I can bare. This gives me hope. I need your grace and strength to help me move forward. Lord, thank you for letting me be honest with you about my feelings, fears, and frustrations. Walk with me, one day at a time. Help me to celebrate and live into the memories. Thank you for eternity. Amen.

Suggested Reading

- *A Passage through Grief - A Recovery Guide*
Barbara Baugardner
- *Experiencing Grief*
H. Norman Wright
- *Reflections of a Grieving Spouse: The Unexpected Journey from Loss to Renewed Hope*
H. Norman Wright
- *Unmapped Darkness - Finding God's Path for Suffering*
Thomas Finch
- *Good Grief*
Grander Westberg
- *On Grief and Grieving: Finding the Meaning of Grief through the Five Stages of Loss*
Elisabeth Kubler-Ross, David Kessler
- *The Will of God*
Leslie Weatherhead
- *I Wasn't Ready to Say Goodbye: Surviving, Coping and Healing After Sudden Death of a Loved One*
Pamela Blair, Ph.D.
- *Healing After a Loss: A Daily Journal for Working through Grief*
Martha Whitmore Hickman
- *Getting to the Other Side of Grief: Overcoming the Loss of a Spouse*
Susan J. R.N., Robert C. De Vries
- *Life After the Death of My Son: What I'm Learning*
Dennis L. Apple

Online Resources

- grief.com
- griefshare.org
- atriskkids.org/skp
- Right Now Media - The "Netflix" for online Bible study. This valuable tool is a gift from Van Dyke Church. Contact sleatherwood@vandyke.org for a link to join.

Local Counselors

Laurel A. Slade, Counseling Services, P.A.
813.909.4463

Life Connections Counseling Center
813.265.3859

