

***Note: Grief is not linear.**

What those who walk with grief/grieving should know. (Faith Perspective)

1. The bible will guide you.

- Scripture gives us words for our pain and a path for our heart.
Ps 23, Ps 116:15, Job 2:10, Rom 8:28
- Don't let sin follow sorrow

2. The scriptures indicate that grief has a process.

3. People grieve differently.

- men/women, moms/dads, culture/age, verbal/mute
- Key: Give each room and let lament sit.

4. Don't Obsess about why.

- How God is/was at work.
- What God wants of you. >Different for all (nuance)
- What everything means.

5. Be patient with yourself.

- Grief fog is real.
- Many take years to stabilize.

6. Believe the best about others. (They often are trying to help.)

- 1 Cor 13...Love bears all things.
- Job's counselors...Even bad council can advance the story.

P.S. Receive those who bring scripture as from the Lord.