

What those who walk with the grieving should do. (suggested considerations)

1. Be intentional

- Text...call...LISTEN.
- **No** to theology...quick, caring calls
- **YES** to scripture

2. Don't let the awkward win

- Go to them
- They already are sad all the time...you won't make it worse.

3. Offer specific help.

- I am going to Fred Meyer/Costco can I get you (favorite comfort meal)
- Jimmie mows lawns...can I send him by next week?

4. Say the name of the loved one (If grief = death of loved one)

- There is often a great fear they will be forgotten.
- **No** to "How are you doing?"
- **Yes** to "Walk me through what an average day looks like since you lost _____." Or "Is there a scripture that describes your experience?"

5. Make the long commitment

- Comfort comes through community (with man and God)
- At three months, grief gets deeper... people get scarce.

Note:

- **Do not comfort for your own sake.**
 - We often want others to feel better to get rid of the awkward or to lift our own feeling of inadequacy.

- **Do not compliment their strength**
 - We often do this to coach them. (a soft way to say stop crying and start moving on.)

- **Meet complaint with action, not correction.**
 - Move in (hug, help) before you speak up (counsel)