

# 44 truths to Help Someone who is Grieving... maybe even You.

1. The deeper your love was, the sadder your grief.
2. Grieving is hard emotional work.
3. No one knows exactly how you feel even if they say they do.
4. May not be able to concentrate.
5. Your life will never be the same, but it will go on.
6. Acquaintances may forget after three weeks.
7. God has plans for each of us we know nothing about.
8. What is your real need today? God will supply it.
9. You will feel overwhelmed.
10. Your loved one's healing may or may not happen in this life.
11. Grief washes over you in waves, at times when least expected.
12. Know you will never get completely over your grief.
13. With God's help you will get through your grief.
14. A natural response is, "I can't go on."
15. What is in your circle of control today?
16. No decision must be made immediately or even today.
17. This may be the day to 'give yourself a break.'
18. We can't experience any thought/emotion God does not know.
19. You may feel angry with God.
20. God can take your anger; walk through it.
21. Some friends will distance themselves.
22. Some relatives/friends may not know what to say or do.
23. You may never have hurt so much emotionally.
24. You can learn to have a memory, allow grief then close it.
25. You may feel your life has been ripped in half.
26. Choose to adhere to a schedule.
27. Get up, get dressed, make your bed, eat nutritious food.
28. On holidays, consider doing things you've never before done.
29. God wants us to persevere.
30. God is writing a part of our life's story.
31. Precious friends will remember in meaningful ways.
32. You may feel so empty.
33. You will more fully recognize God permits suffering.
34. It is normal and okay to ask 'why?'
35. God promises eternal life if we ask.
36. God wants to forgive our sins and be invited into our heart.
37. Consider reading a Psalm.
38. Learn w/out being told, there is no right or wrong way to grieve.
39. There is mystery to how God will give comfort.
40. Write down a list of what you can be thankful for.
41. God will always weep with us, even when we don't realize it.
42. It may be normal to feel like "you're going crazy."
43. Your attorney and your physician may have answers you need.
44. Help yourself by finding someone else to help.

