



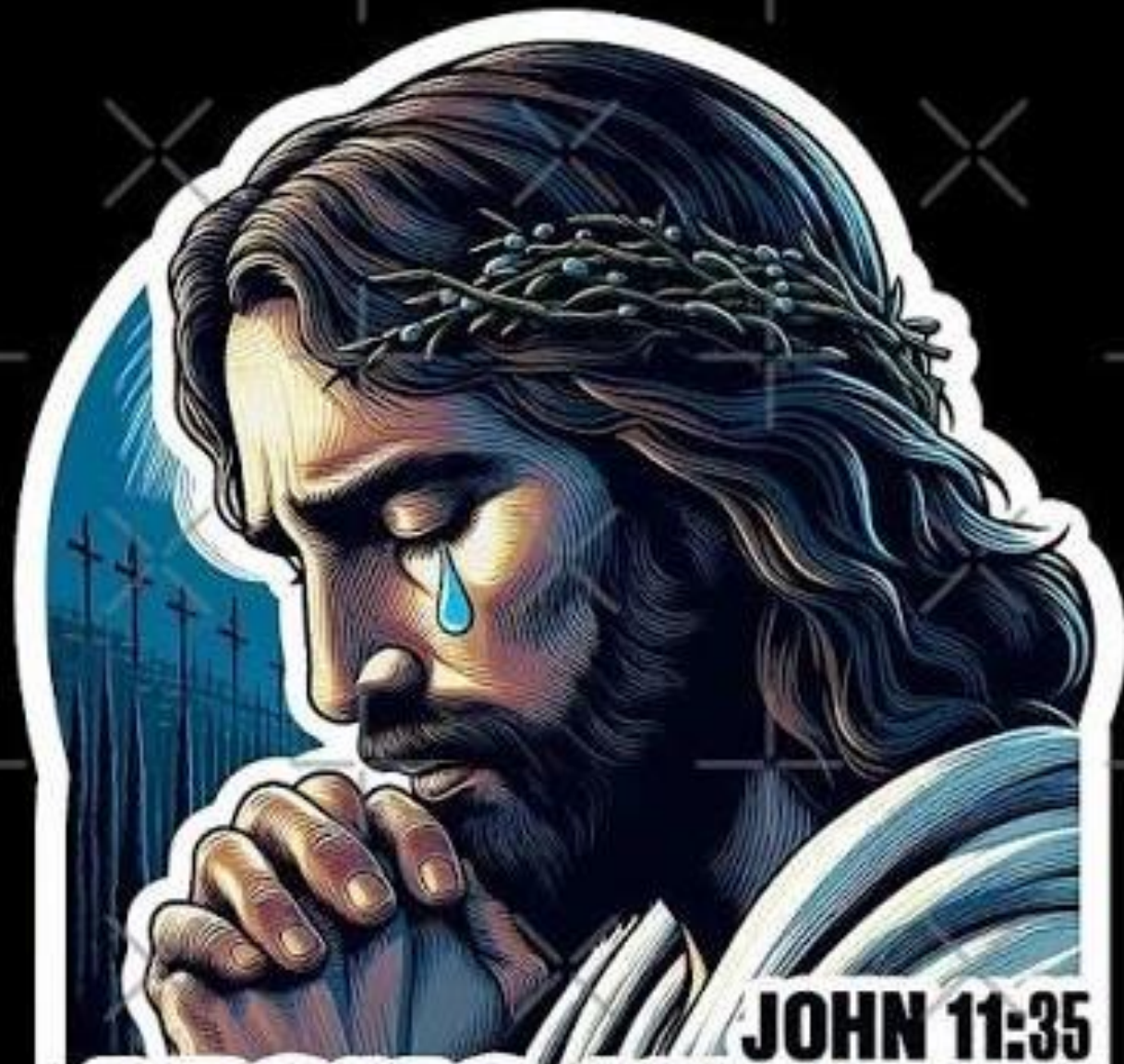
Grantham
Church
BRETHREN IN CHRIST

The Healing Journey of *Loss and Grief*



with M.J. FAIR & DR. GEOFF JAMES





JOHN 11:35

JESUS WEPT.



The Lord is near to the
brokenhearted and
saves the crushed in
spirit.

Psalm 34:18

'GROWING AROUND GRIEF'

(LOIS TONKIN, 1996)

WHATSYOURGRIEF.COM

PEOPLE
THINK THAT
GRIEF

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SAME
SIZE

BUT
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TO GROW
BIGGER
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IT

[illegible]



How long, Lord? Will you forget me forever?
How long will you hide your face from me?
How long must I wrestle with my thoughts
and day after day have sorrow in my heart?
How long will my enemy triumph over me?

Brain Fog



A blurred background image showing two people walking outdoors. One person is wearing a red jacket and the other is wearing a light blue jacket. The person in the light blue jacket is holding a smartphone. The background is out of focus, showing trees and foliage.

Rejoice with
those who
rejoice, weep
with those who
weep.

Romans 12:15

People don't
always need advice.
Sometimes all they really
need is a hand to hold, an
ear to listen, and a heart
to understand them.



Galatians 6:2

Carry each other's
burdens, and in this
way you will fulfill the
law of Christ.



Weeping MAY ENDURE
FOR A NIGHT,
BUT *Joy* COMES
IN THE MORNING.

Psalms 30:5

How to support someone who is grieving

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- Offer specific help rather than vague promises

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- Rushing them toward "moving on" or putting a timeline on healing

Leader: When our hearts are broken and our tears fall freely,

People: God is near to the brokenhearted and saves those who are crushed in spirit

Leader: When we cannot find the words to pray,

People: The Spirit intercedes for us with groanings too deep for words.

Leader: When grief feels heavy and the future seems uncertain,

People: We trust that God will never leave us nor forsake us.

Leader: Jesus stood at the tomb of His friend and wept.

People: Our Savior understands our sorrow and shares in our grief.

Leader: Though we walk through the valley of the shadow of death,

People: We will fear no evil, for You are with us; Your rod and Your staff, they comfort us.

Leader: God welcomes our tears, our questions, and our lament.

People: We pour out our hearts before Him, for He is our refuge.

Leader: Though sorrow may remain for a night,

People: Joy comes in the morning through the faithfulness of God.

Leader: We remember those we love with gratitude

People: We thank God for every precious memory and every gift of love.

Leader: We hold fast to the promise of Christ.

People: **Because Jesus lives, we have hope beyond death.**

Leader: One day God will make all things new.

People: **He will wipe away every tear from our eyes. Death shall be no more; neither shall there be mourning, nor crying, nor pain anymore.**

Leader: Until that day, let us encourage and walk with one another in our grief.

People: **The Lord is our strength, our comfort, and our everlasting hope. Amen.**

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