

Seven Stages of Grief

1. SHOCK & DENIAL

You will probably react to learning of the loss with numbed disbelief. You may deny the reality of the loss at some level, in order to avoid the pain. Shock provides emotional protection from being overwhelmed all at once. This may last for weeks.

2. PAIN & GUILT

As the shock wears off, it is replaced with the suffering of unbelievable pain. Although excruciating and almost unbearable, it is important that you experience the pain fully, and not hide it, avoid it or escape from it with alcohol or drugs. You may have guilty feelings or remorse over things you did or didn't do with your loved one. Life feels chaotic and scary during this phase but you will make it through.

3. ANGER & BARGAINING

Frustration gives way to anger, and you may lash out and lay unwarranted blame for the death on someone else. Please try to control this, as permanent damage to your relationships may result. This is a time for the release of bottled up emotion. You may rail against fate, questioning "Why me?" You may also try to bargain in vain with the powers that be for a way out of your despair ("I will never drink again if you just bring him back"). Often times you will have thoughts of "if only this or that" – you don't have to attempt to bargain with God; He already desires the best for you and wants nothing but the best for you. God takes the sickness from people or He will take the people from the sickness and He can superimpose His will so no one dies without God allowing it for His sovereign will.

4. "DEPRESSION", REFLECTION, LONELINESS

Just when your friends may think you should be getting on with your life, a long period of sad reflection will likely overtake you. This is a normal stage of grief, so do not be "talked out of it" by well-meaning outsiders. Encouragement from others is not helpful to you during this stage of grieving.

During this time, you finally realize the true magnitude of your loss, and it depresses you. You may isolate yourself on purpose, reflect on things you did with your lost one, and focus on memories of the past. You may sense feelings of emptiness or despair.

5. THE UPWARD TURN

As you start to adjust to life without your dear one, your life becomes a little calmer and more organized. Your physical symptoms lessen, and your "depression" begins to lift slightly.

6. RECONSTRUCTION & WORKING THROUGH

As you become more functional, your mind starts working again, and you will find yourself seeking realistic solutions to problems posed by life without your loved one. You will start to work on practical and financial problems and reconstructing yourself and your life without him or her.

7. ACCEPTANCE & HOPE

During this, the last of the seven stages in this grief model, you learn to accept and deal with the reality of your situation. Acceptance does not necessarily mean instant happiness. Given the pain and turmoil you have experienced, you can never return to the carefree, untroubled YOU that existed before this tragedy. But you will find a way forward. You will start to look forward and actually plan things for the future. Eventually, you will be able to think about your lost loved one without pain; sadness, yes, but the wrenching pain will be gone. You will once again anticipate some good times to come, and yes, even find joy again in the experience of living.

How do I Cope with Sorrow?

- The grief from the death of someone deeply loved cannot be mastered or conquered. You can learn to live with your great loss; there will be healing and health and yes, even joy again. But there can never be full "recovery" or a return to an untroubled past.
- As the years go by, life has a way of dealing its pain and challenges to everyone. And the longer you live, the greater your chances of being hit by a major grief. And there is no easy way out or quick cure for it. Such is life.
- You may be tempted to lessen this tragedy in your life by numbing your mind with alcohol or drugs, or escape from it by reading or watching TV incessantly. But it is an important part of eventual grief resolution that you experience and express grief fully, especially in the beginning. It's only later, when you figure out that you need to function again, go to work without breaking down in the middle of an office meeting that you will need some coping methods to help get you through the day.
- Just don't try to repress your grief too soon, or you'll just have to deal with the whole painful process later in your life. And it will be more difficult and

complicated later on. Sooner is better than later when it comes to bereavement.

- Spend time with long-term friends and caring relatives. Having some continuity in life is important. Being able to relive memories, reconnect with the past and have a sense that you are not all alone is important.
- Reconnect with your spiritual side – you need to be a part of a church that teaches and preaches the Word of God – the weekly sermons and Bible Study will always provide you a Word to help enable you to cope and overcome grief. Daily personal devotion - reading the Word and prayer are necessary to overcome grief.

Coping with Grief/Loss Scriptures

Psalm 23 - The Lord is my shepherd; I shall not want. (2) He makes me to lie down in green pastures; He leads me beside the still waters. (3) He restores my soul; He leads me in the paths of righteousness for His name's sake. (4) Yea, though I walk through the valley of the shadow of death, I will fear no evil; for You are with me; Your rod and Your staff, they comfort me. (5) You prepare a table before me in the presence of my enemies; You anoint my head with oil; my cup runs over. (6) Surely goodness and mercy shall follow me All the days of my life; And I will dwell in the house of the Lord forever.

Jeremiah 33:3 - Call to Me, and I will answer you, and show you great and mighty things, which you do not know.

Psalm 50:15 - Call upon Me in the day of trouble; I will deliver you, and you shall glorify Me.

Isaiah 41:10 - Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, yes, I will help you, I will uphold you with My righteous right hand.

Psalm 121:1-2 - I will lift up my eyes to the hills from whence comes my help? My help comes from the Lord, who made heaven and earth.

Psalm 27 - The Lord is my light and my salvation; Whom shall I fear? The Lord is the strength of my life; Of whom shall I be afraid? (2) When the wicked came against me To eat up my flesh, my enemies and foes, they stumbled and fell. (3) Though an army may encamp against me, my heart shall not fear; though war may rise against me, in this I will be confident. (4) One thing I have desired of the Lord, that will I seek: that I may dwell in the house of the Lord All the days of my life, to behold the beauty of the Lord, and to inquire in His temple. (5) For in the time of trouble He shall hide me in His pavilion; in the secret place of His tabernacle He shall hide me; He shall set me high upon a rock. (6) And now my head shall be lifted up above my enemies all around me; therefore, I will offer sacrifices of joy in His tabernacle; I will sing, yes, I will sing praises to the Lord. (7) Hear, O Lord, when I cry with my voice! Have mercy also upon me, and answer me. (8) When

You said, "Seek My face," my heart said to You, "Your face, Lord, I will seek." (9) Do not hide Your face from me; do not turn Your servant away in anger; You have been my help; do not leave me nor forsake me, O God of my salvation. (10) When my father and my mother forsake me, then the Lord will take care of me. (11) Teach me Your way, O Lord, and lead me in a smooth path, because of my enemies. (12) Do not deliver me to the will of my adversaries; for false witnesses have risen against me, and such as breathe out violence. (13) I would have lost heart, unless I had believed that I would see the goodness of the Lord in the land of the living. (14) Wait on the Lord; be of good courage, and He shall strengthen your heart; wait, I say, on the Lord!

Lamentations 3:22-23 - Through the Lord's mercies we are not consumed, because His compassions fail not. They are new every morning; great is Your faithfulness.

Proverbs 18:10 - The name of the Lord is a strong tower; the righteous run to it and are safe.

Matthew 11:28 - Come to Me, all you who labor and are heavy laden, and I will give you rest.

Hebrews 11:6 - But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him.

1 Peter 3:12 - For the eyes of the Lord are on the righteous, and His ears are open to their prayers; but the face of the Lord is against those who do evil.

Joshua 1:9 - Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go.

Romans 8:18 - For I consider that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us.

Romans 8:38-39 - For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.

Proverbs 3:5-6 - Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths.

2 Corinthians 12:9 - And He said to me, "My grace is sufficient for you, for My strength is made perfect in weakness." Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me.

2 Corinthians 4:16-18 - Therefore we do not lose heart. Even though our outward man is perishing, yet the inward man is being renewed day by day. For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory,

while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal.

Jeremiah 29:11 - For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope.

Nahum 1:7 - The Lord is good, a stronghold in the day of trouble; and He knows those who trust in Him.

Matthew 7:7-8 Ask and it shall be given to you; seek and you will find; knock, and it will be opened to you. For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened.

Philippians 4:6-7 - Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

Philippians 4:19 - And my God shall supply all your need according to His riches in glory by Christ Jesus.

1 John 5:14-15 - Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us. And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him.

Ephesians 3:20-21 - Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us, to Him be glory in the church by Christ Jesus to all generations, forever and ever. Amen.

Praise and Worship Songs to Encourage and Strengthen you

My Soul is Anchored in the Lord

https://www.youtube.com/watch?v=ENv7zIo_j9M

I Still Believe

https://www.youtube.com/watch?v=t9j7M_lM5MI

You Made a Way

<https://www.youtube.com/watch?v=lk3t-I--3fw>

Be Encouraged

<https://www.youtube.com/watch?v=kW-12AkEAyg>

Nobody Greater

<https://www.youtube.com/watch?v=AWxr1uZBfTk>

Holy Spirit Move/Have Your Way

<https://www.youtube.com/watch?v=nEgh0tASt2U>

I Feel Like Going On

<https://www.youtube.com/watch?v=d-qrPYzQ5R0>

The Best is Yet to Come

<https://www.youtube.com/watch?v=9uAxEuRDFN4>