



Grief is an unavoidable part of life. Our culture is not one that grieves well. We are taught to grin and bear it, which can band-aid grief so that overwhelming pain doesn't consume us. But as band-aids are temporary, covering up internal wounds does not make them go away. Grief can be compared to ocean waves crashing on the shore. They can hit you out of nowhere. Even 10–20 years later you may find emotional implications from grief long ago. The best thing to do is engage with the grief whenever possible.

Tips for Getting You Through Grief:

1. **Don't judge**—grief is not bad. Practice blessing and honoring tears as a method for releasing the pain associated with loss.
2. **Respect that grief has a purpose.** Let it work to clear away hurt so that you can find life and joy again.
3. **Welcome discussion**—When we talk freely, we uncover language which helps us to process and release pain, making room for joy.
4. **See the bigger picture**—God's promise is that *"Eternity is hidden in the hearts of those who believe."* (Ecclesiastes 3:11) Death, though painful, is not the end of the story.
5. **Ask for help**—Find a counselor or grief support group. Although much of the work of grief is an inside job, good shepherds can sit with you when the darkness caves in, to reassure you that it will be ok.

The good thing about grief is that it connects us to our humanity and need for one another. When you allow yourself to feel it, you are alive and the pain is a doorway to the healing love and grace of God.



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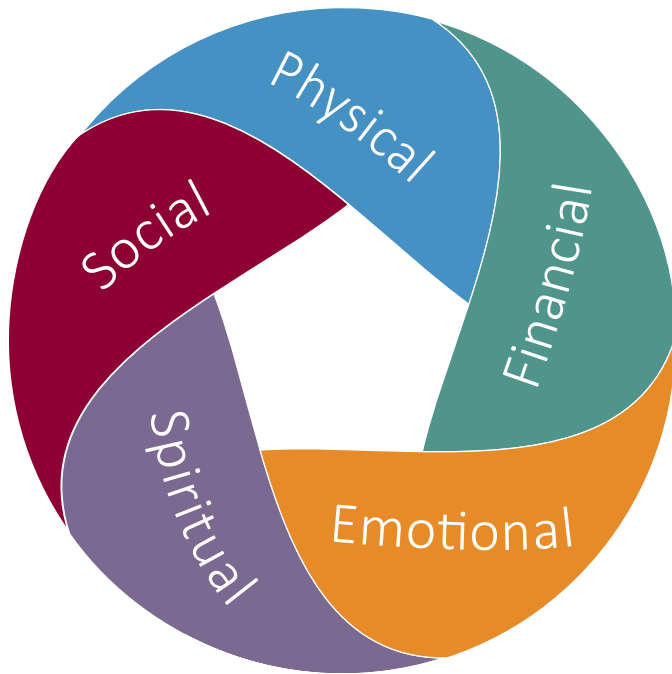
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DIMENSIONS

CONNECTING ELEMENTS OF WELL-BEING



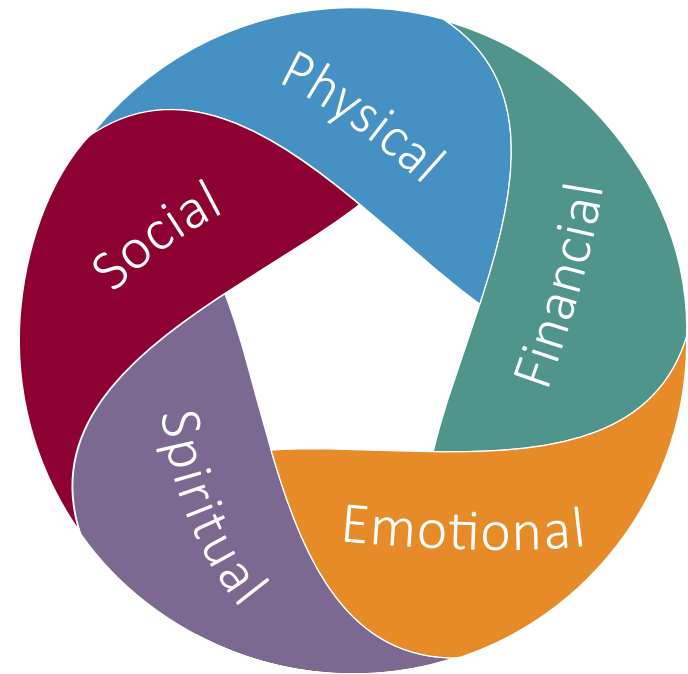
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