



John 16:22

SO WITH YOU: NOW IS YOUR TIME OF GRIEF, BUT I WILL SEE YOU AGAIN AND YOU WILL REJOICE, AND NO ONE WILL TAKE AWAY YOUR JOY.

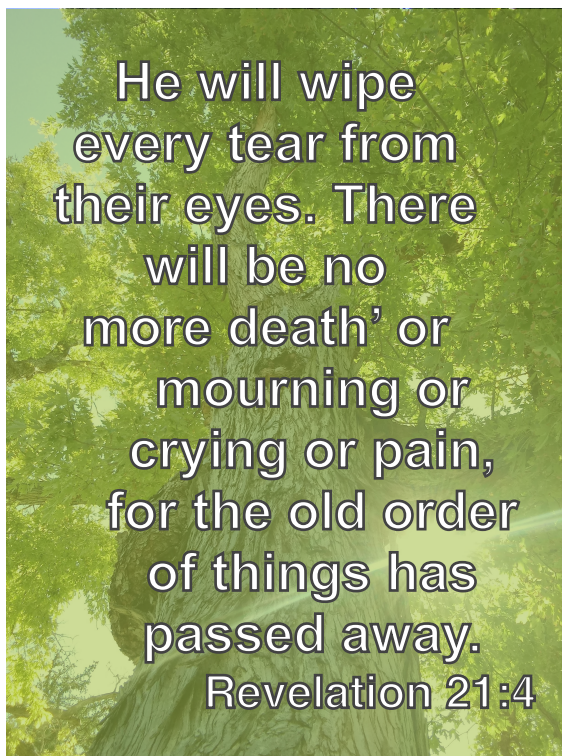
**The LORD is close to the brokenhearted and saves those who are crushed in spirit.**

Psalm 34:18

Romans 8:28

AND WE KNOW THAT IN ALL THINGS GOD WORKS FOR THE GOOD OF THOSE WHO LOVE HIM, WHO HAVE BEEN CALLED ACCORDING TO HIS PURPOSE.

## GROWING IN HIM COUNSELING



### The Grief of Losing Someone

Losing someone we love can be one of the hardest things we go through on earth. Knowing our loved one is in Heaven with Jesus is comforting, but it is still hard to move forward without them. The Lord promises to always be with us and to never forsake us, but He does not promise life on earth will be easy. The stages of grief are not linear and we often go in and out of these stages multiple times as we process the loss. It is important to allow yourself to feel each of the stages and not push down the emotions. Avoiding the feelings will only prolong the pain. Additionally, it is important not to dwell too much on any one emotion to avoid becoming stuck or paralyzed. Reach out to friends & family members for support and create new traditions to honor the loved one while also allowing yourself to move forward.

“Blessed are those who mourn, for they will be comforted.”  
Matthew 5:4

#### What does grief look like?

Grief is different for everyone and takes a different amount of time for each individual. Grief is simply how we respond emotionally to a loss. The loss can be the death of a loved one, a move, a change in jobs/careers or a child moving out. Reactions to grief can feel overwhelming and sometimes debilitating. They can include anger, sadness, fear, relief, confusion, happiness, excitement, exhaustion and loneliness. These emotions can range anywhere from non-existent to immobilizing. There is no right or wrong way to feel, it is just necessary to allow yourself to feel each emotion and process through the loss. When emotions feel overwhelming, talk to a friend, go for a walk, journal, focus on special memories, etc. If your grief interferes with your ability to function in daily life or is persistent and ongoing, seek professional help. We have a grief group beginning in September that is available to help you process through these emotions.

#### **1 Thessalonians 4:13**

But we do not want you to be uninformed, brothers, about those who are asleep, that you may not grieve as others do who have no hope.

## PHASES OF GRIEF:

1. **SHOCK:** Feeling numb/paralyzed and being confused as to what has happened. This phase can last anywhere from seconds to hours immediately following the news of the loss.
2. **DENIAL:** Struggling to accept the news; give yourself time to process the information.
3. **FIGHT/FLIGHT/FREEZE:** The desire to fight with those around you, run and hide, or becoming paralyzed. Take time to breathe and regain control.
4. **PAIN STRIKES:** Emotional pain that can be unbearable and unexpected which can be felt physically. Keep in mind, God created us to endure and He is with you!
5. **EXAGGERATED EMOTIONS:** Feeling rage, panic or sobbing is very common. Try to manage your emotions and refrain from impulsive actions. Talk, Journal or Exercise.
6. **RATIONALIZATION:** Trying to understand the loss by creating theories/explanations of what happened. This is normal and can be useful as long as it doesn't become all consuming.
7. **ACCEPTANCE:** Recognizing the loss has occurred, and it was beyond your control. Accepting that bad things happen.
8. **RISK TAKING:** Realizing that living requires taking risks even though it is scary, it is important to live again and take reasonable risks.
9. **SEPARATION:** Saying "good-bye" to your loved one. Write a letter/poem, journal, go to the gravesite, etc.
10. **GRATITUDE:** Being grateful for the time you had together, and that you are still here with people that love and care for you and a life to keep on living.

EMPATHETIC AND  
COMPASSIONATE  
GUIDANCE THROUGH  
THE HOPE FOUND IN  
JESUS

### Counseling:

We offer individual, group and couples counseling for ages 6 to adult.

**Cost:** \$130/45 min session

Private Pay Only

### Areas of Concern:

- Anxiety/Depression
- Trauma
- Grief and Loss
- Anger Management
- Marriage and Family
- Life Situations/Crisis

### Grief Groups:

Sept. 14 - Nov 2 (8 wks)

Adults 6:30-8:30pm  
cost \$100/session

Teens 6:30-7:30 pm  
cost \$50/session

### CONTACT

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SCHEDULE AN APPT

VIRTUAL AND IN-PERSON  
SESSIONS

