



When a person is grieving (it's nighttime). The big mistake we can make is to try to hurry, to accelerate the work that grief is doing.

Do not try to impart synthetic joy before grief has done its work Try to help the man by maybe picking out something that is on his mind that he is able to talk about. e.g. – talk about how

e.g. – talk about how much he misses his wife; discuss his biggest financial worry, etc.

Do not deny the pain. It is REAL. Let it have its way.

GRIEF

- Divorce
- Loss of a loved one
- Job loss
- Financial reversal
- Bankruptcy
- Severe illness

"Sing the praises of the Lord you his faithful people praise his holy name for his anger lasts only a moment but his favor last a lifetime

Weeping may stay for the night but rejoicing comes in the morning." Psalms 30:5

Stages of Grief:

- (1) Shock sorrow overwhelming
- (2) Denial this can't be happening
- (3) Depression and Isolation
- (4) Physical symptoms (overeating, nausea, dizziness)
- (5) Panic / Anxiety
- (6) Guilt feeling should have spent more time
- (7) Anger / Resentment (normal part of grief)
- (8) Resistance to returning to life/normal
- (9) Hope takes time and varies with people
- (10) Affirming Reality reaffirms what is good in his life