




Dealing with Significant Loss in Life



Have you experienced significant loss in your life? (yes/no)



Have you experienced the loss of another person? (yes/no)



Do you know another person who has gone or goes through the experience of significant loss or losing another person through death?

Remember that every person you meet

- loves something
- is afraid of something
- and has lost something



Death leaves a sorrow – no one can heal; but

Love creates a memory – no one can steal.

Irish Proverb

Things you should not say to a person who is grieving

If you are tempted to say any of these things, remember, that talking is always completely optional

- ▶ COULD BE WORSE (could be better, too! But the current status of a person's feelings is not up for debate)
- ▶ EVERYTHING HAPPENS FOR A REASON (False)
- ▶ AT LEAST. . . YOU STILL HAVE . . .
- ▶ IT WAS FOR THE BEST
- ▶ JUST KEEP SMILING
- ▶ CALL ME IF YOU NEED ANYTHING

A (INCOMPLETE) LIST OF TOPICS AND THINGS TO DO IF YOU ARE TO SEE A GRIEVING PERSON

- ▶ Remember: Dead people have names, too. Say their names!
- ▶ A favorite memory you have of the dead person
- ▶ A trait you admired in the dead person
- ▶ Send a card where you offer your sympathies and condolences and send cards with some encouraging words after the cards have stopped coming and the house is quiet...
- ▶ Go to the funeral
- ▶ Bring some food (and flowers)
- ▶ A Confession

The Hot Young Widows Club

Lessons on
Survival from
the Front Lines
of Grief

Nora McInerney 

**TED Books,
2019**

LAMENT
FOR A
SON



Nicholas Wolterstorff

Eerdmans,
1987

Gospel Hope When Life Doesn't Make Sense



Suffering

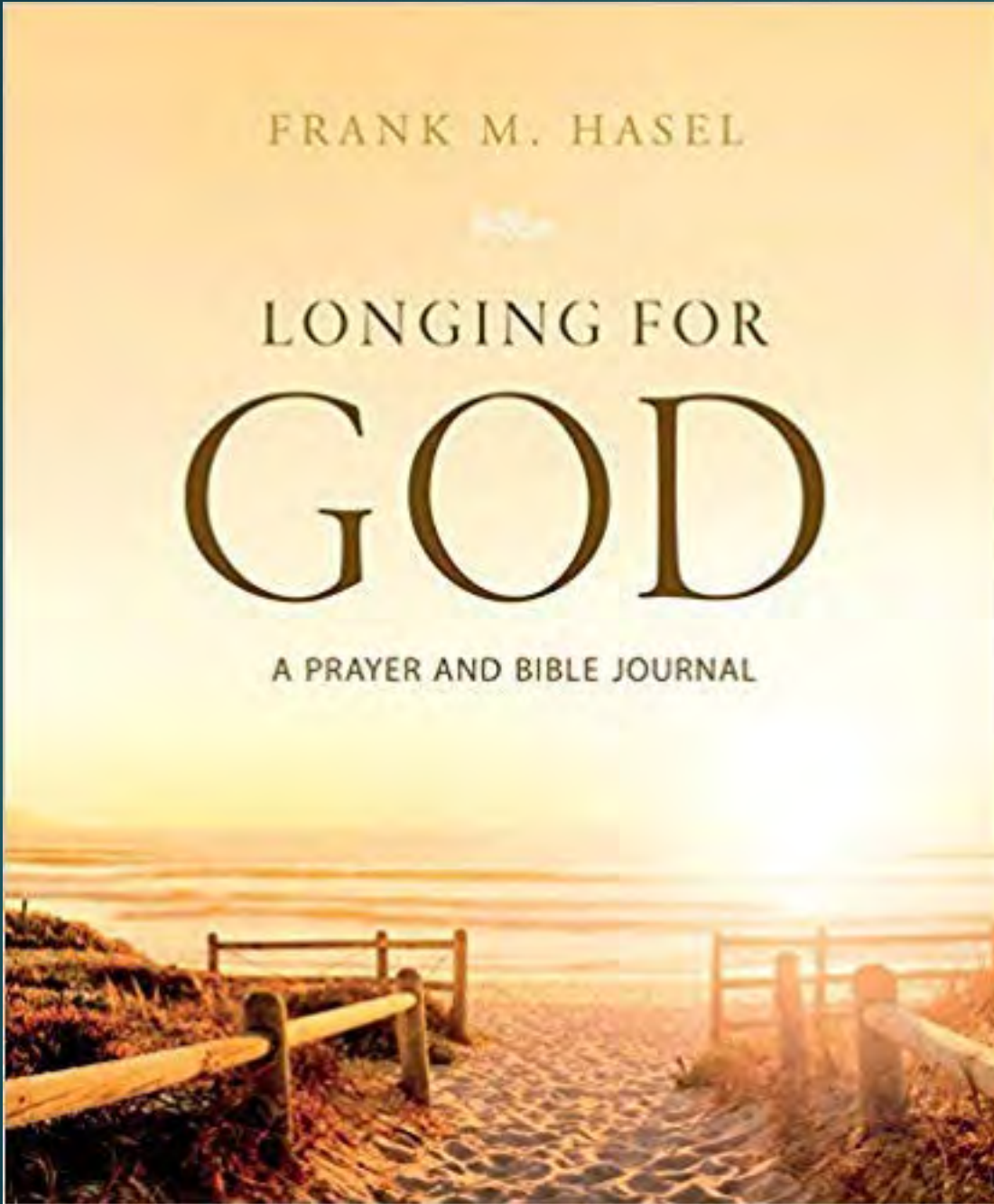
PAUL DAVID TRIPP

Crossway,
2018

FRANK M. HASEL

LONGING FOR
GOD

A PRAYER AND BIBLE JOURNAL



Pacific
Press,
2017

3ABN Today - "Longing For God" Frank Hasel (TDY018002)



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