

A close-up photograph of a person's face, focusing on the eyes and nose. The image is overlaid with a white geometric pattern of intersecting lines. A blue triangle is positioned on the right side of the face, containing the main title text.

Grieving with Hope

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Nothing can
prepare us for the
death of a loved
one.



With every death,
there is a loss.



And with every
loss, there will
be grief.

1 Thess. 4:13-14



“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

...”

Grief doesn't come and go in an orderly, confined timeframe.





Culture tells us to
move past this
process too
quickly.



**Grieving is the
process God
uses to bring us
to a place of
wholeness.**



What does
Scripture
say about
grief?

Psalm 34:18



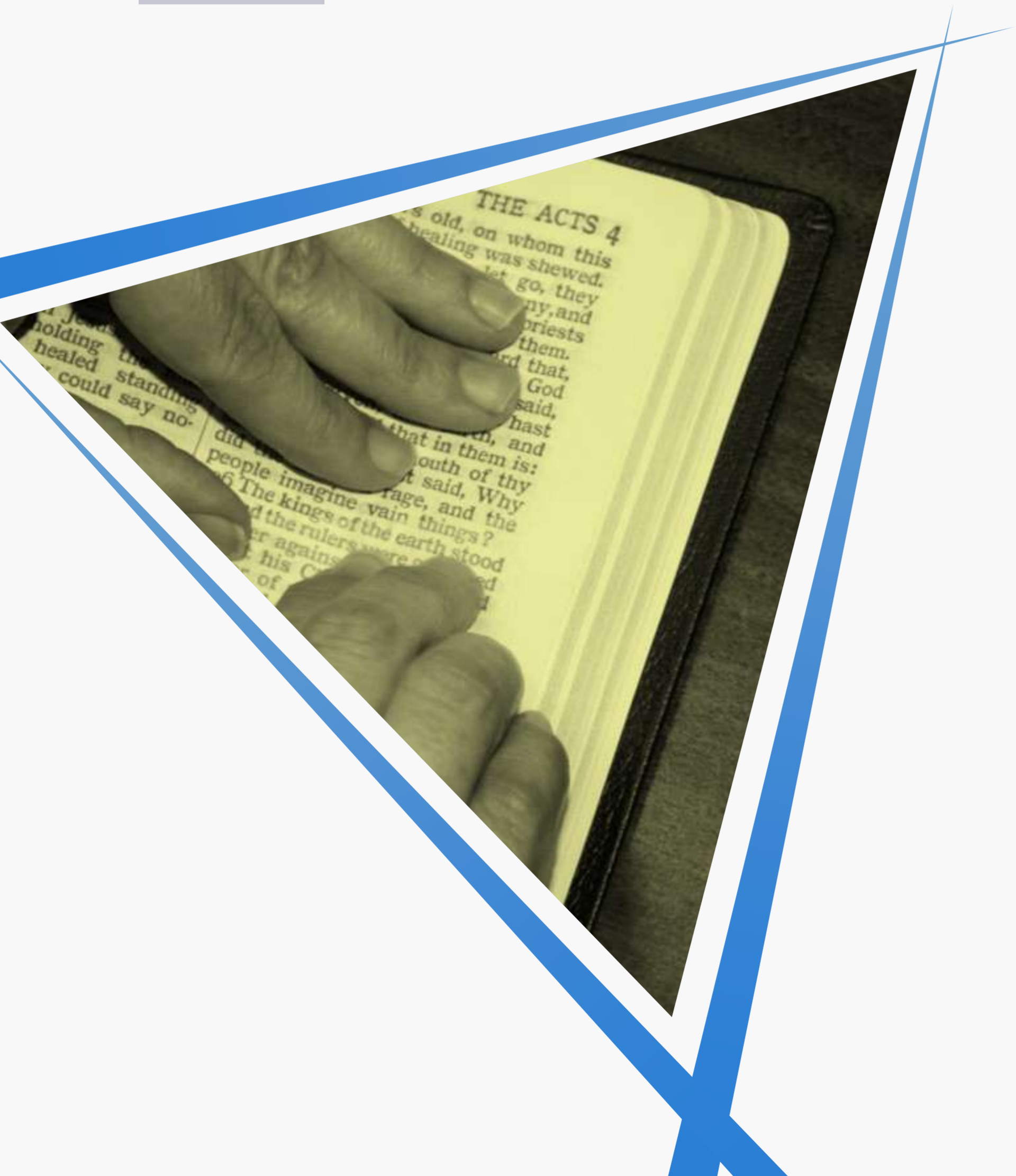
“The LORD is near to the brokenhearted and saves the crushed in spirit.”

Psalm 56:8



“You have kept count of my tossings; put my tears in your bottle. Are they not in your book?”

Psalm 145:14



“The LORD upholds all who are falling and raises up all who are bowed down.”

Isaiah 53:3-4




“He was despised and rejected by men, a man of sorrows and acquainted with grief”

John 11:32-35



“ . . . Jesus wept.”

A person is seen from behind, sitting on a dark wooden bench. They are looking out over a body of water towards a hazy, distant shoreline. The sky is overcast. The image is overlaid with a network of white geometric lines forming various polygons. A prominent blue triangle is located in the upper right quadrant, partially overlapping the text.

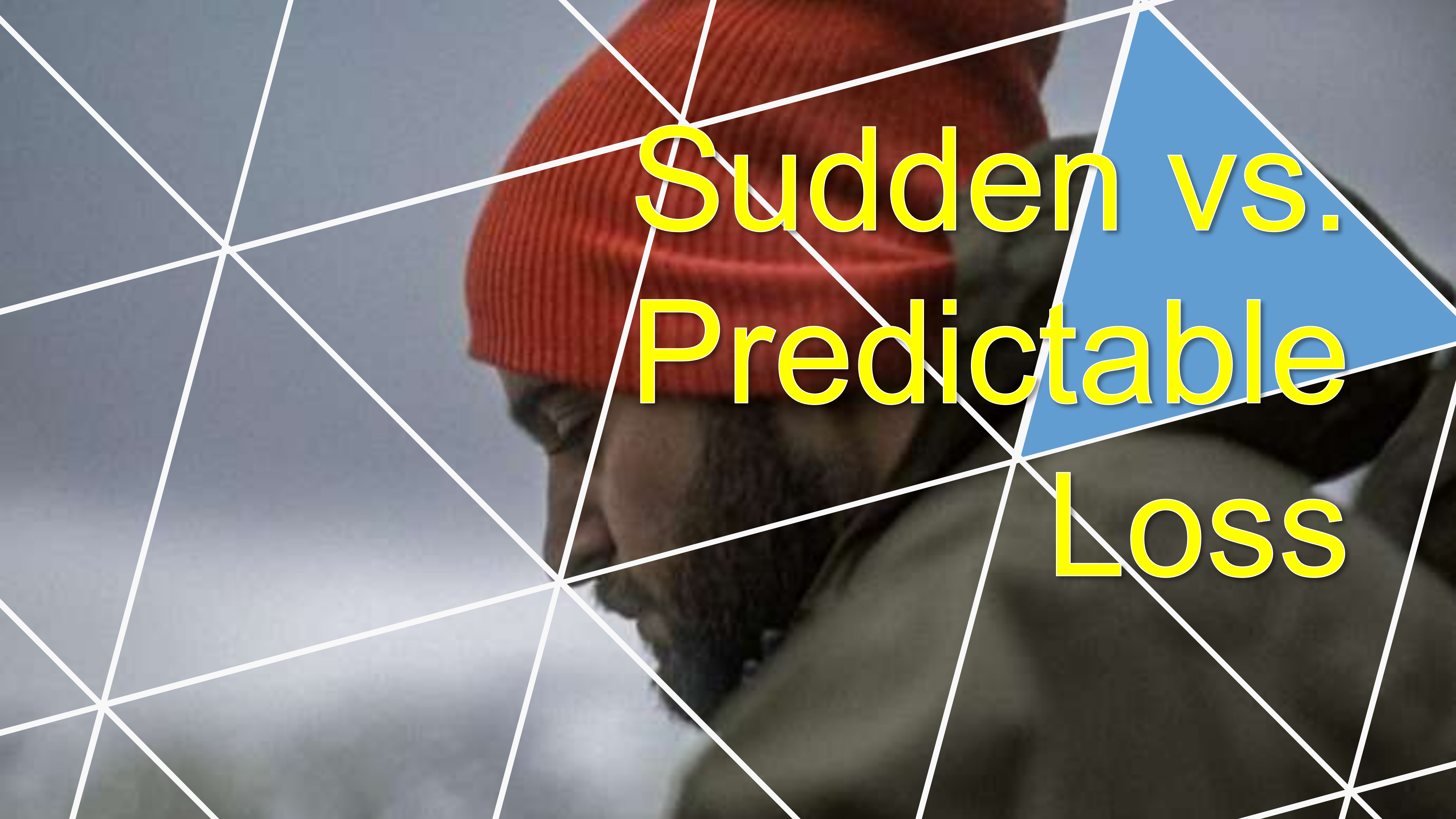
Loss is an inevitable part of life, and grief is a natural part of the healing process.

A close-up photograph of a person's hand, wearing a dark blue sweater and a light blue shirt cuff, placing a white rose on a dark grey granite gravestone. The background is blurred, showing other graves and greenery. The image is overlaid with a white geometric pattern of intersecting lines. A blue triangle is positioned on the right side of the image, containing the text.

Different Kinds of Major Losses



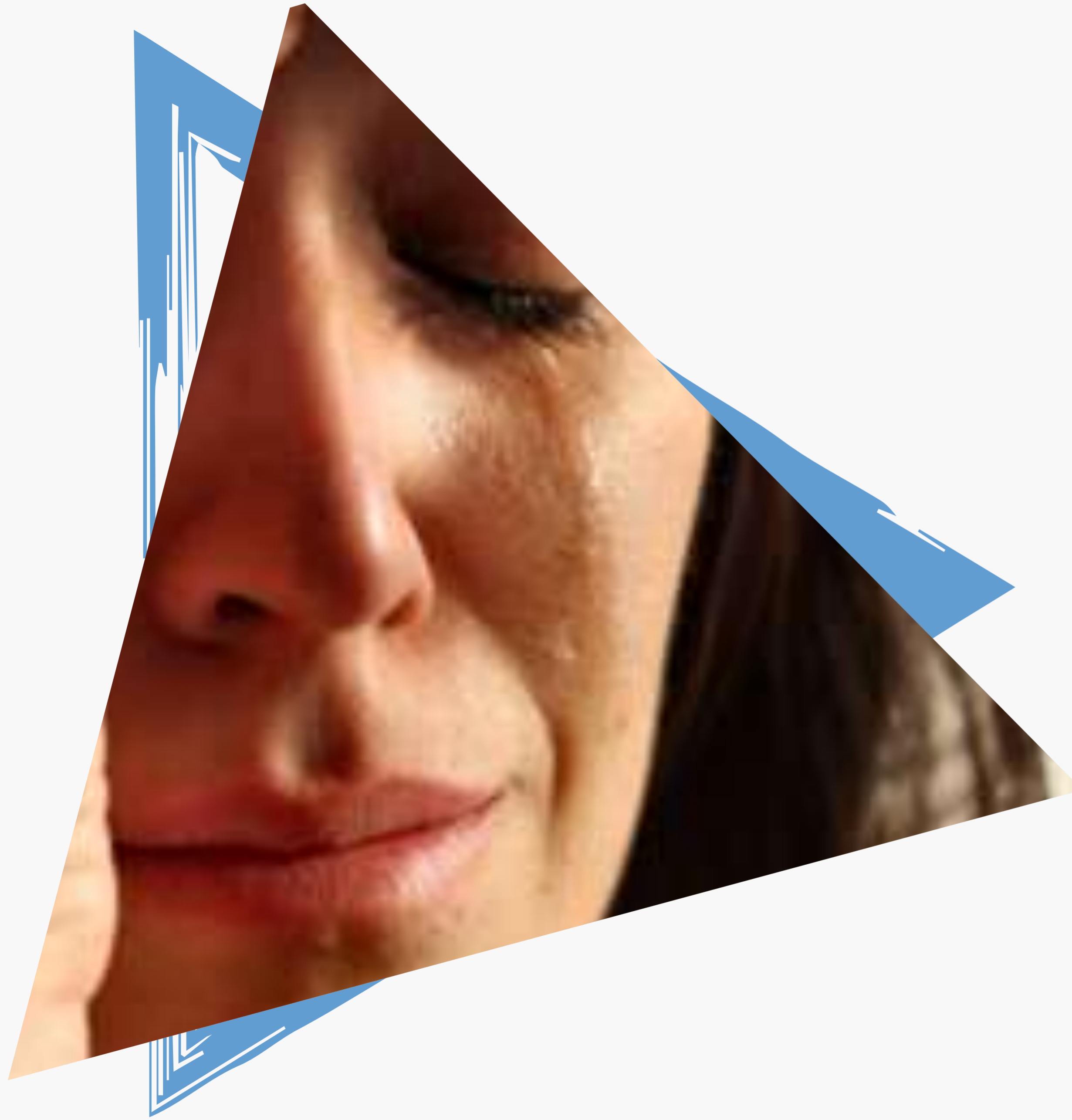
Subtle or
Less
Obvious
Losses



Sudden vs. Predictable Loss



Grieving vs. Mourning



1. THE PRESENCE OF GRIEF

- Unavoidable
- Untamable
- Unpredictable



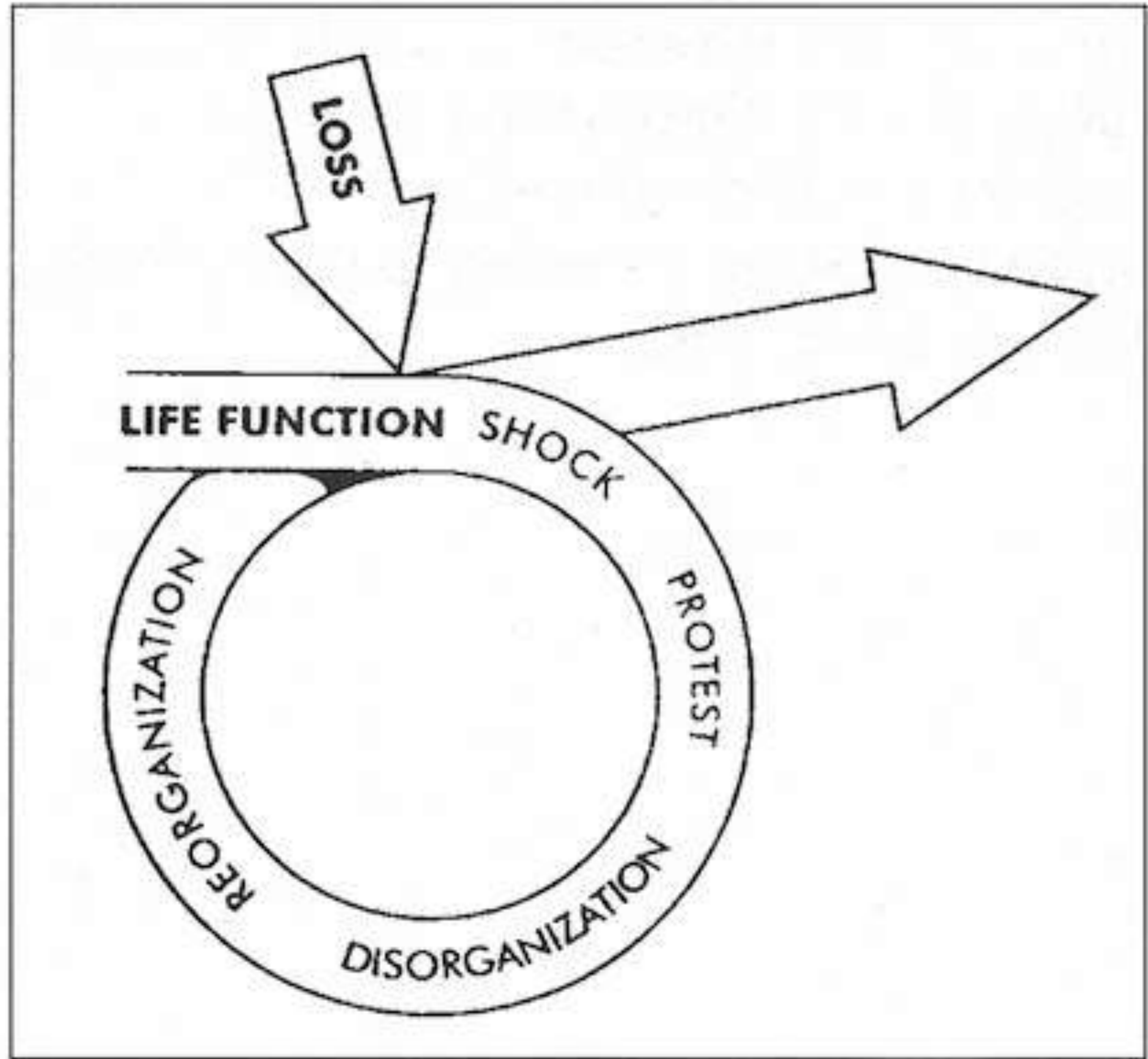
2. THE POWER OF GRIEF

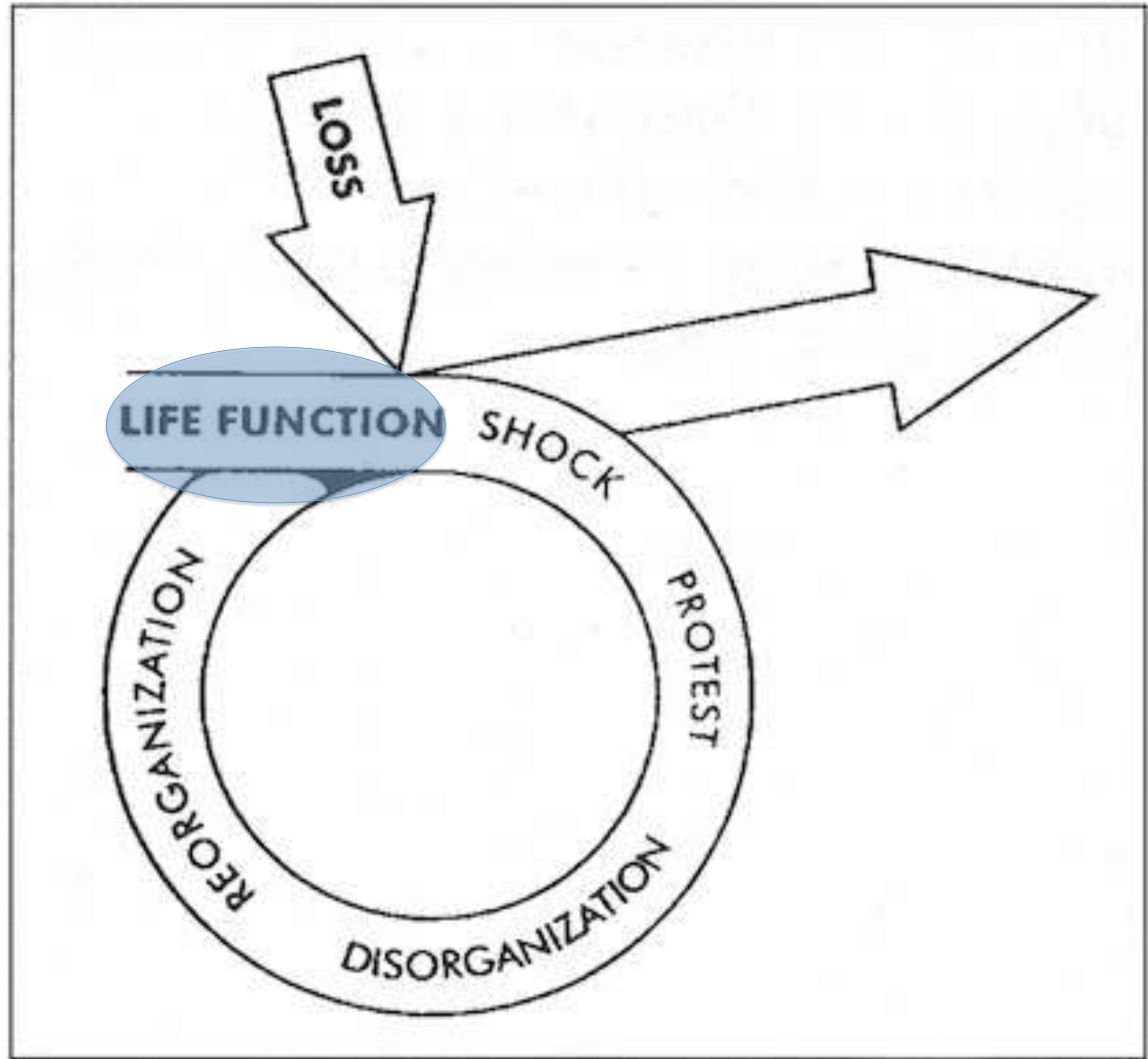
- Reminds
- Resigns
- Refines

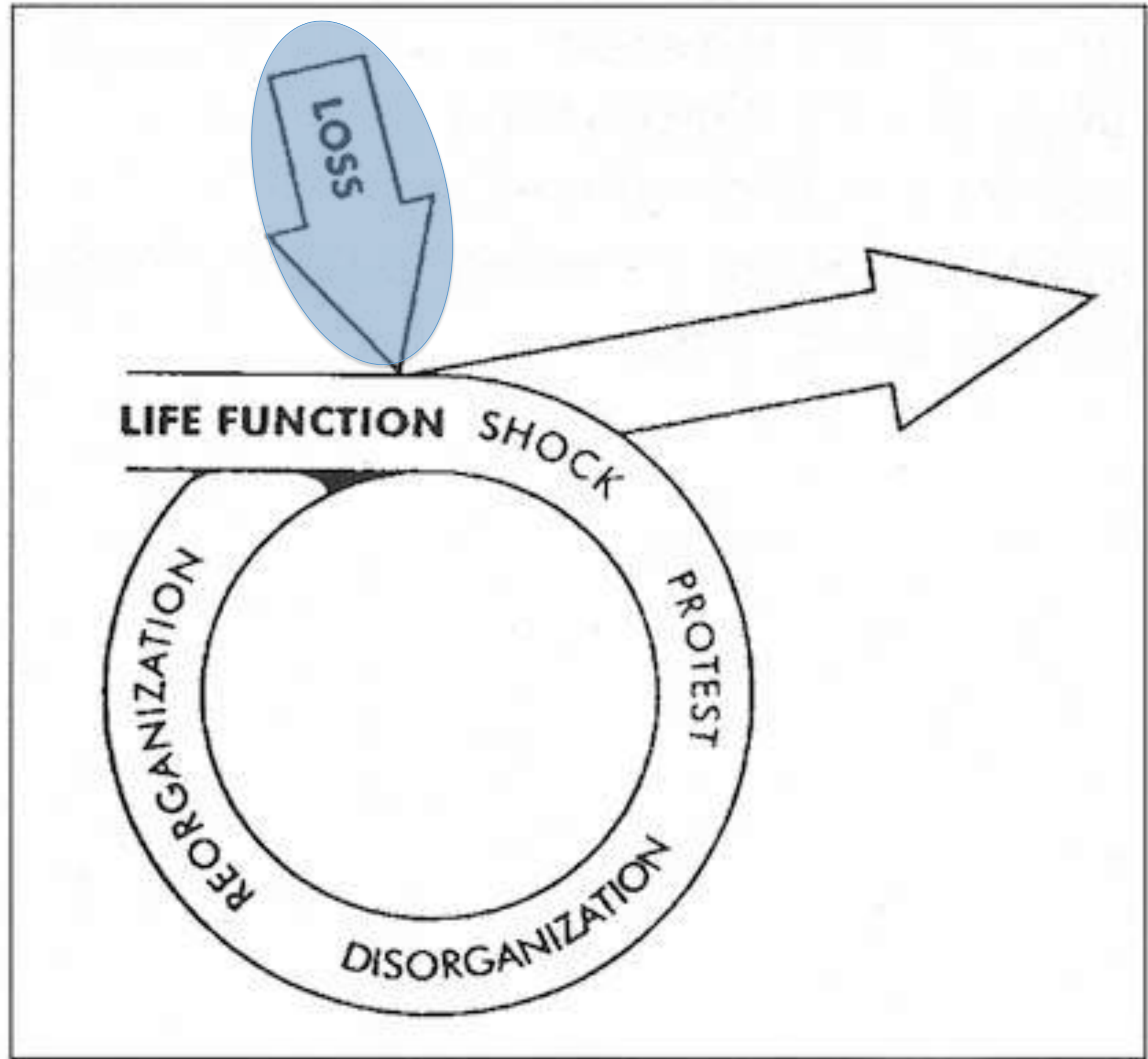


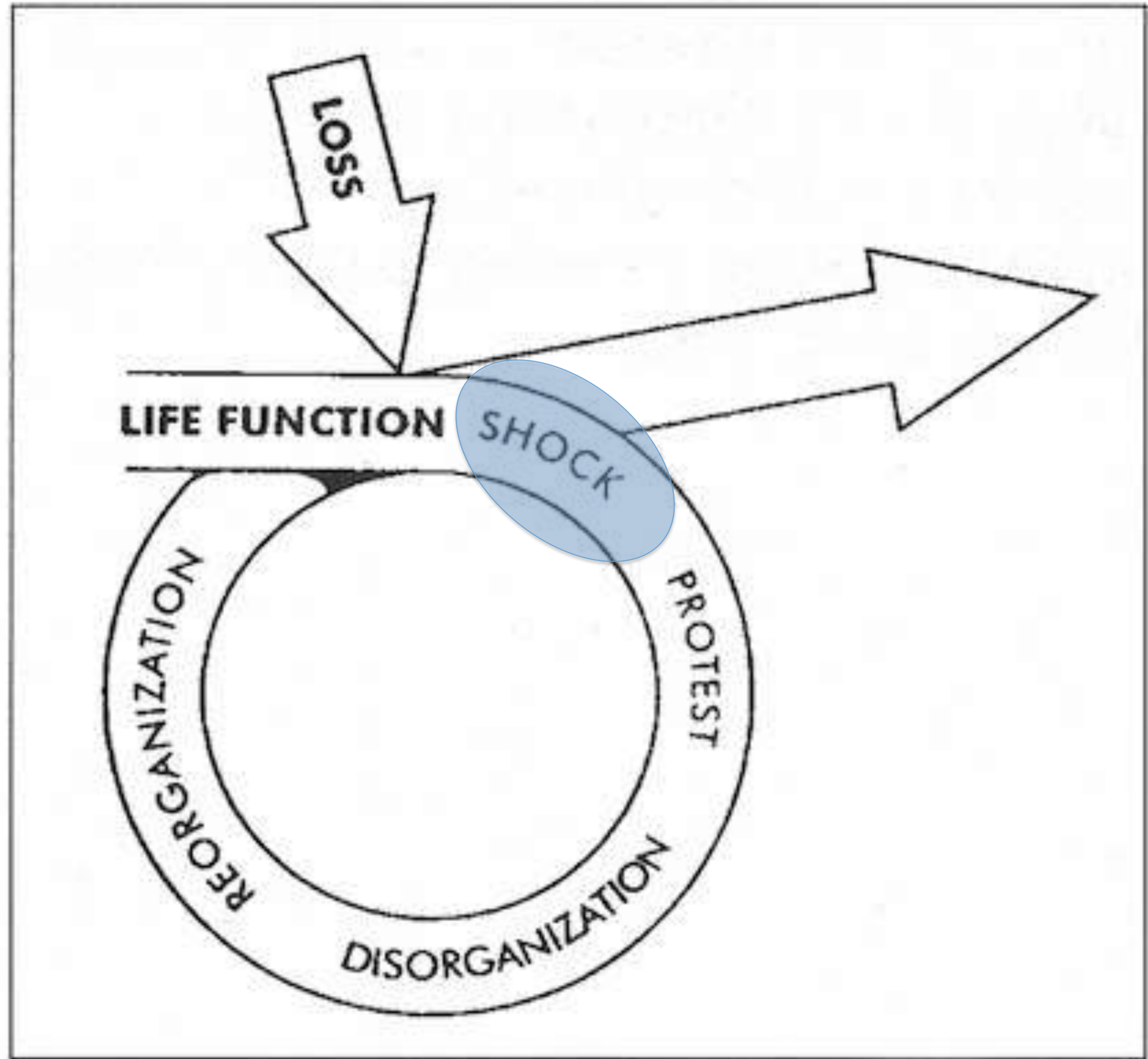
3. THE PROCESS OF GRIEF

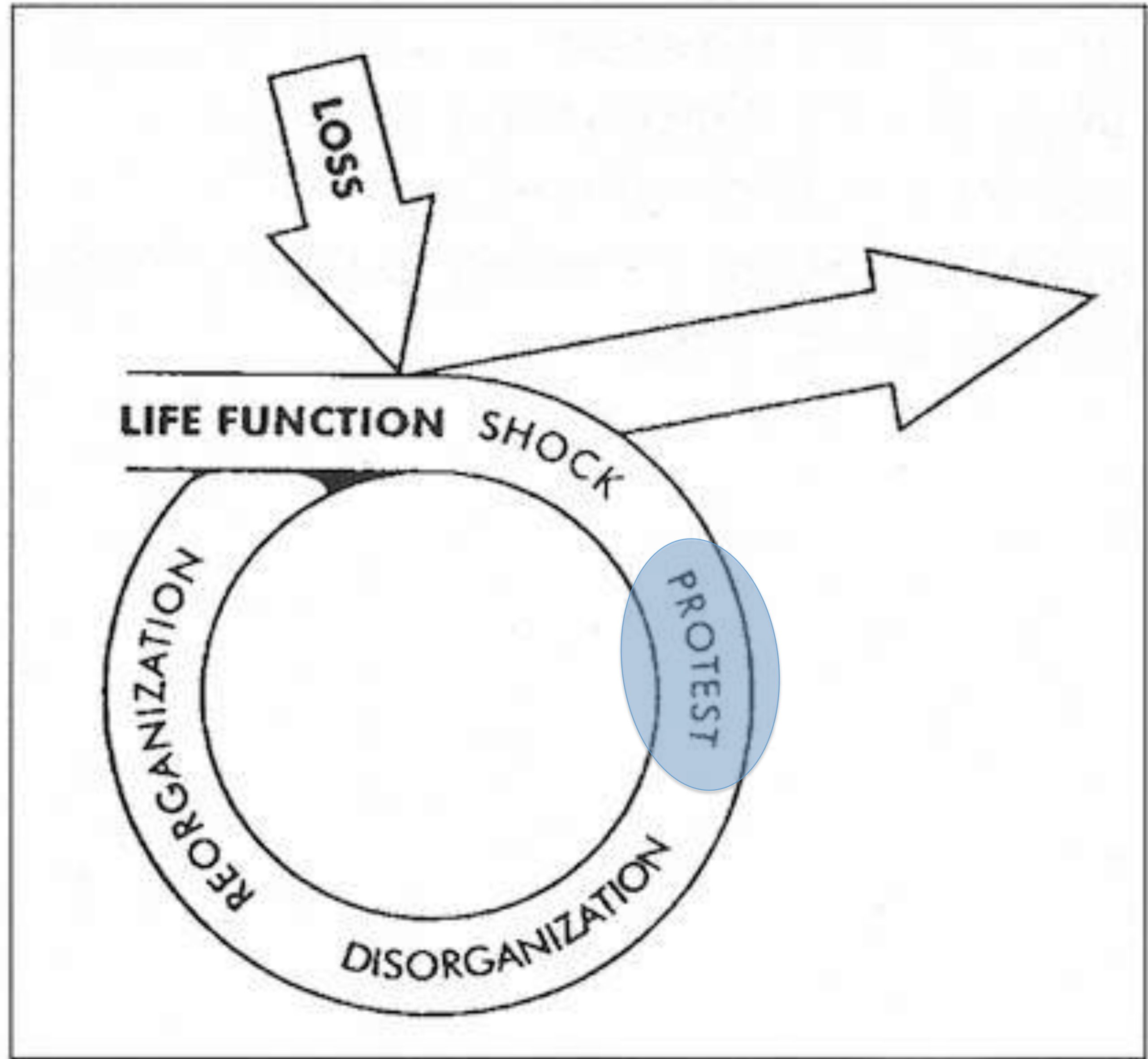
- Cyclical
- Dynamic
- Normal Grief Reactions

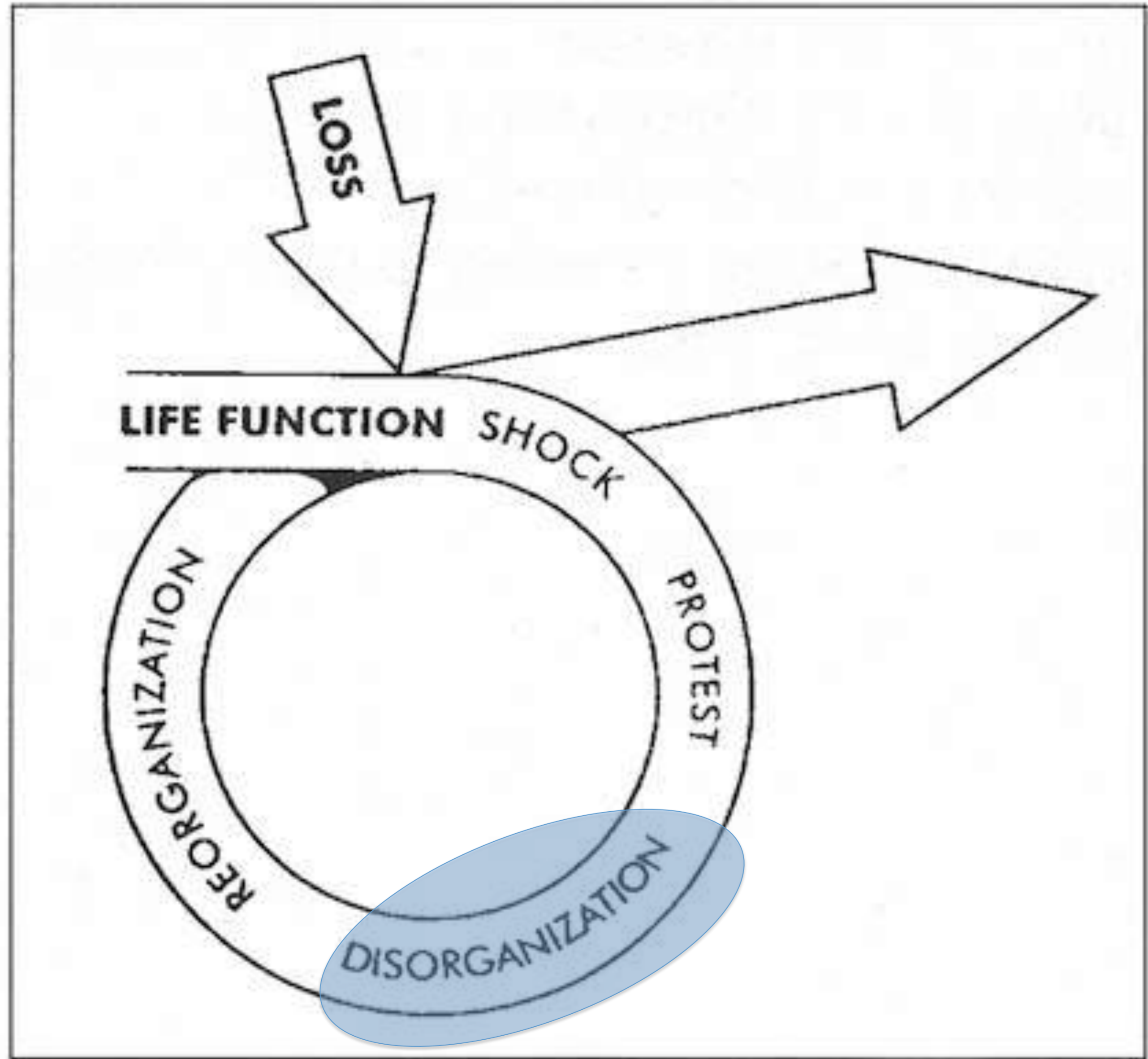


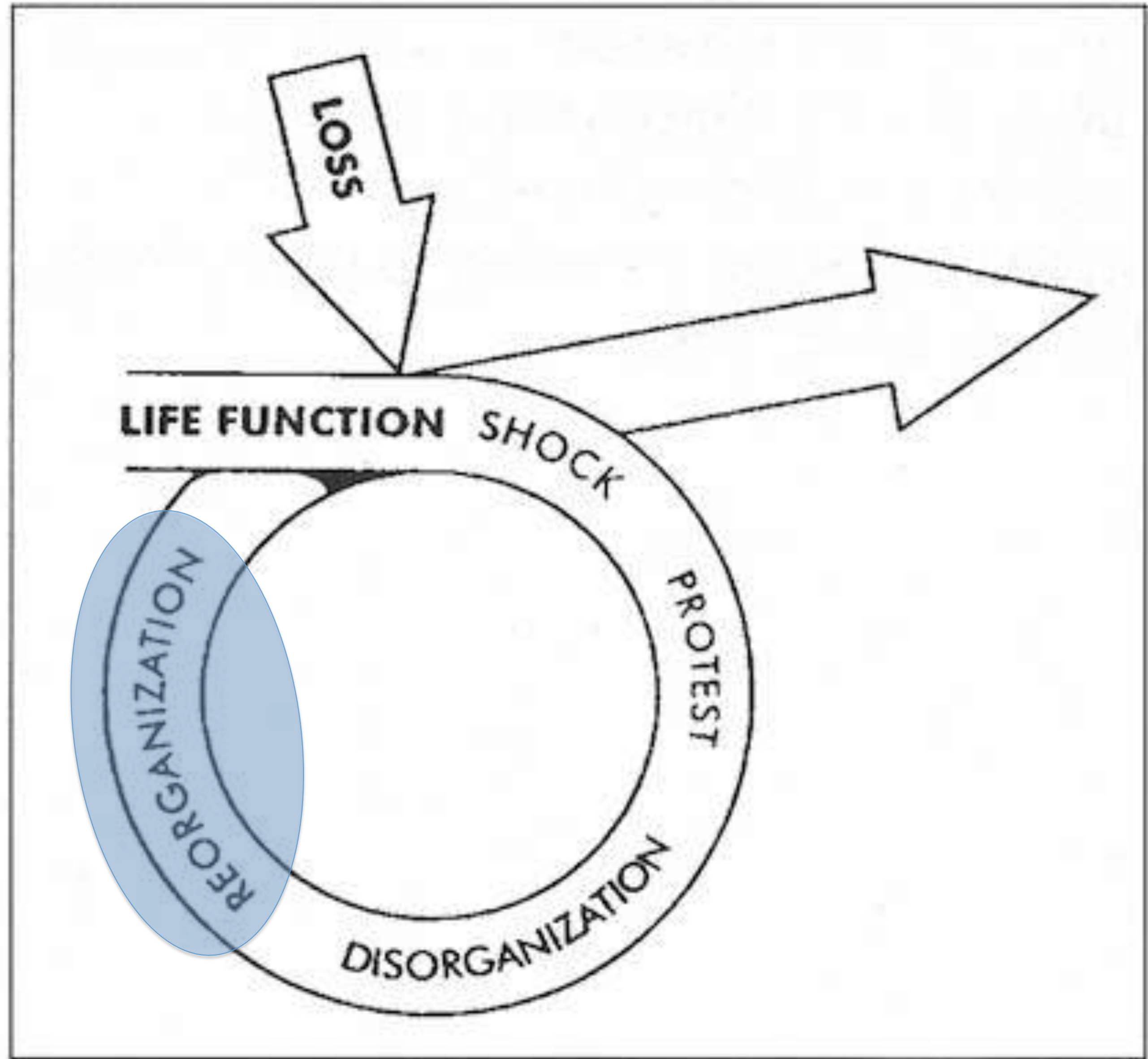


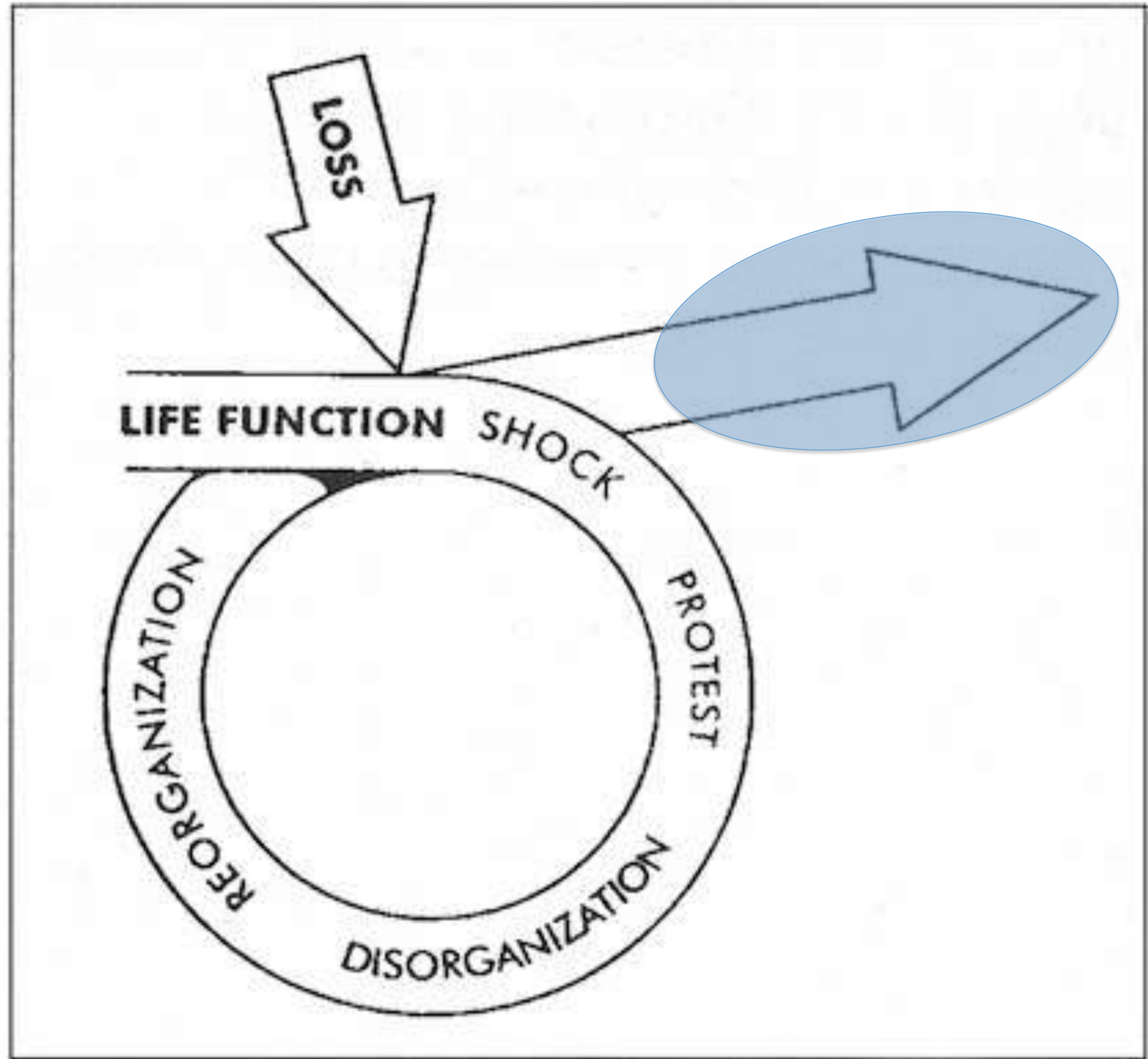














4. THE PURPOSE OF GRIEF

Four Tasks: (Worden)

- ① Accept reality of loss
- ② Work through pain and grief
- ③ Adjust to new environment
- ④ Find enduring connection with deceased while moving forward

5. THE PROMISE OF GRIEF

- Over time, the raw and seemingly intolerable pain of grief subsides
- Unique opportunity for growth
- Learn to cope





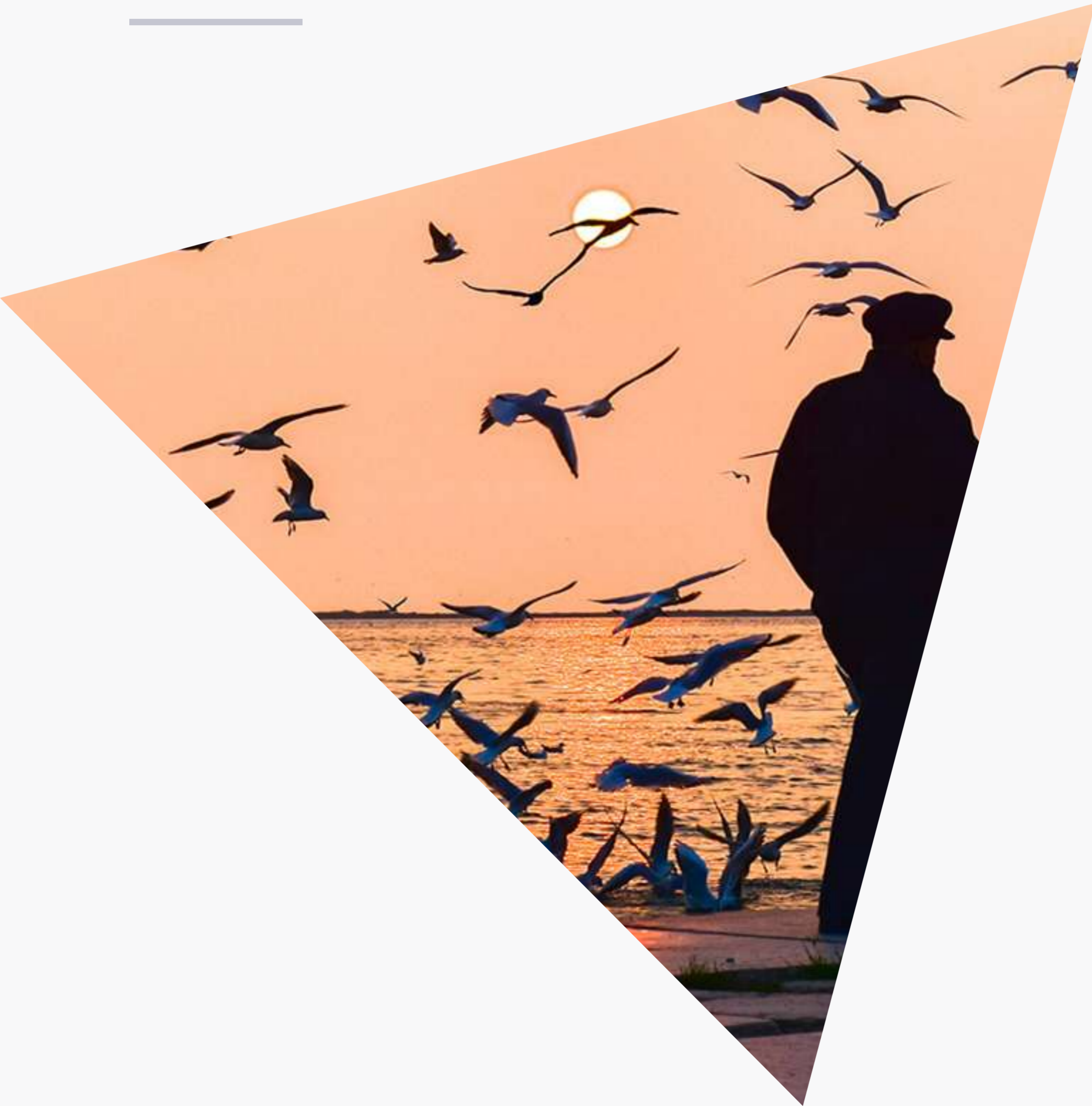
How to Cope With Grief

SUGGESTIONS FOR COPING



- Give yourself permission
- Be patient
- Accept yourself
- Express your feelings
- Get support
- Try to maintain your basic lifestyle

MORE SUGGESTIONS FOR COPING



- Take care of yourself
- Avoid overindulgence
- Forgive yourself
- Give yourself a break from grief
- Prepare for holidays / anniversaries
- Join a bereavement support group

Psalm 46:1-3



“God is our refuge and strength, a very present help in trouble. Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea, though its waters roar and foam, though the mountains tremble at its swelling . . .”

Revelation 21:3b-4



“He will dwell with them, and they will be his people, and God himself will be with them as their God. He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away.”

Matthew 5:4



“Blessed are those who mourn, for they shall be comforted.”

