

10

AREAS OF GUIDANCE TO NAVIGATE EARLY GRIEF

When Grief & Faith cohabit

1

LUPEO IN GREEK
MEANS DEEP SORROW

Genesis 3:16

Invite God into your pain

GRIEF MUST BE
EXPRESSED

without judgement, time-
pressure or pity.

2

The death of your loved one
may change how you see and
experience relationships and
move through the world

3

4

YOUR GRIEF IS YOUR
GRIEF & DEEPLY PERSONAL

5

A NEW DEATH CAN TRIGGER
ANOTHER GRIEF WOUND

Grieving is normal

Grief may feel confusing,
exhausting and lonely. It is a
stressor affecting the entire
body

6

Do things for yourself if you feel able.
Do for others only if mandatory.
If driving while crying to hard to see
clearly, pull over as soon as able.
Distracted driving is dangerous.

7

STAY SAFE

8

CHRISTIANS ARE NOT
EXEMPT FROM GRIEF

grief does't cancel out faith.

9

DRINK WATER - MOVE - EAT -
TEND TO SOMETHING

a plant , a pet, send a care package

10

Knowing there is new life in
heaven does not stop the
painful journey of re-learning
life without them here.