

Grief Survival Tips



Hope—we all need hope

- **Find Hope in God** (1 Timothy 5:5; 1 Thess. 4:13; 2 Cor. 1:10)
- **Find Hope in the Resurrection** (Rev. 21: John 11:33-40)
- **Find Hope in Scripture**—esp. Psalms

1st year = survival:

- Goal: Survival
- Give yourself grace.
- Allow for bad days.
- Embrace the good Days.
- Take baby steps.
- Journal your feelings/thoughts.
- Talk about your loss.
- Set time limits—cry for a while and then get to work.
- Talk.

2nd year and beyond:

- Goal: Progress/Growth
- Make forward motion.
- Make new memories.
- Create fun—Do things that make you laugh/smile.
- Schedule Grief—attack it head on; don't avoid it.
- Exercise.
- Develop Support System.
- Receive direction from the Lord—Regularly.
 - Develop Dependence on the Lord (2 Cor. 1:8-9).
 - Learn Obedience (Heb. 5:8).
 - Bear fruit (John 15:1-8).
- Reach out to new grievers.
 - Helps you see your own progress.
 - Purpose of Suffering—To comfort others (2 Cor. 1:3-11).
- Listen to music, watch movies, & read books on grief.