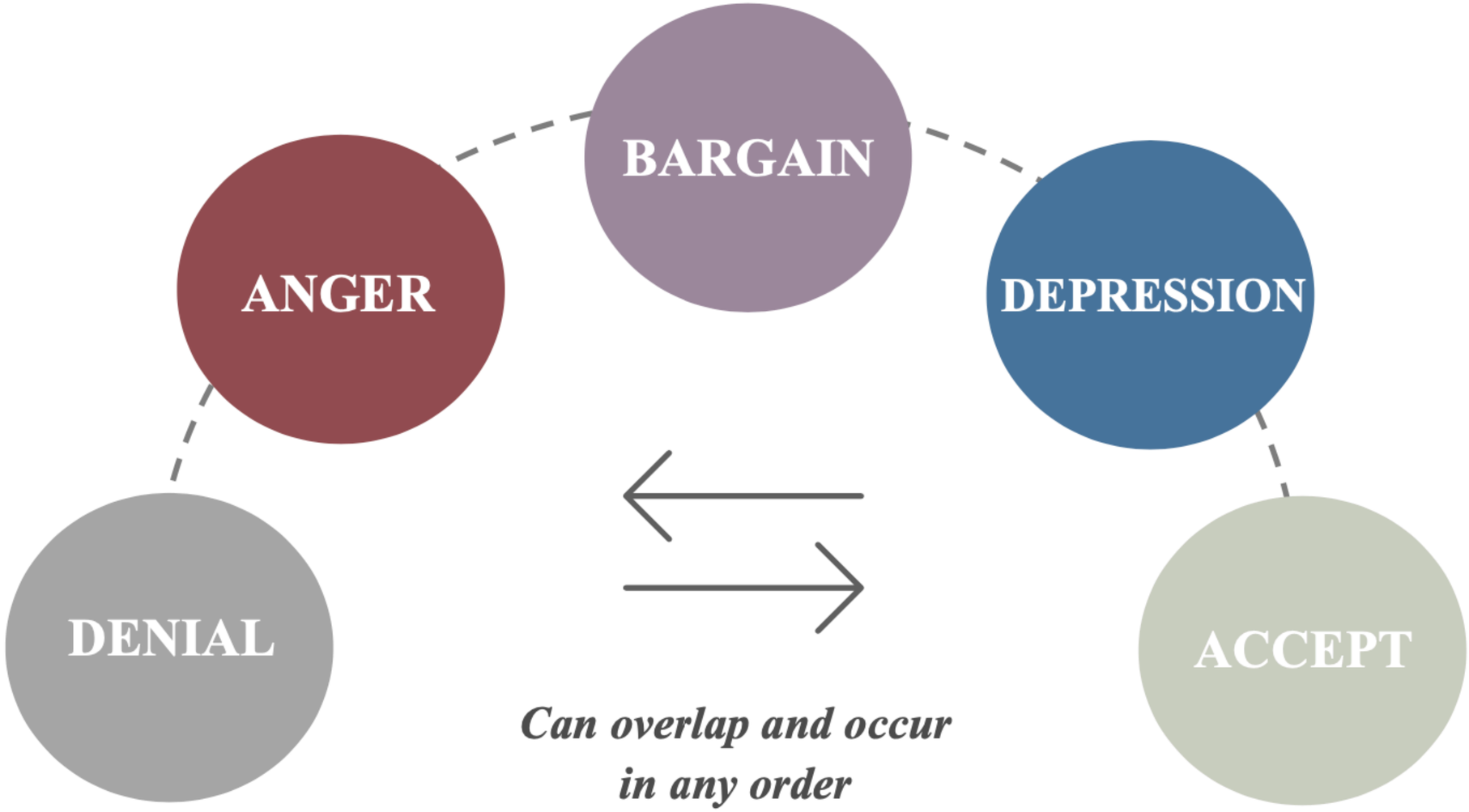
GRIEF

5 STAGES

/grēf/ *n.* the anguish experienced after significant loss . . .



Denial helps buffer the immediate shock of the event. It's natural to wrestle with deep questions about God's plan while holding onto Him.	Start a grief journal for honest feelings and writing letters to God, lean into prayer, and connect with your support system.
Anger is a way of fighting against the loss. Being angry isn't contradictory to faith. David often expressed his anguish directly to God (Ps. 13:1–2).	Consider joining a Christian grief support group. Use healthy outlets, such as exercise, art, and writing. Set boundaries to avoid triggers.
Bargaining involves trying to strike deals to bring back or keep what has been lost. It is a way to cope with the overwhelming sense of helplessness.	Engage in self-care and allow yourself time to validate your feelings while leaning on your support system for strength.
Depression is a common reaction to grief and part of the journey in this season but becomes less intense over time.	Practice self-care, join support groups, and seek professional help if symptoms of depression cause major impairment for more than one year.
Accepting the loss brings a "new normal," accepting the reality of loss, where one is able to transition into a life with new connections and new memories. It's not about replacing what has been lost but experiencing God's peace and joy while moving forward.	Maintain a routine, learn a new activity or hobby, focus on the small moments, and find ways to honor your loved one.

References:
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