



# Worksheet

## Grief

### HOW DO WE HELP SOMEONE WHO'S GRIEVING?

Walking with someone through a season of grief gives us an opportunity to show Christ's love to them in a difficult time. Grief can be caused by a many things, including job loss, change in circumstances, death, etc. We may walk alongside a grieving person in a variety of ways, providing comfort to their emotional, physical, and spiritual needs. Usually there's nothing you can say that will make someone's loss hurt less. The pain will last for some time, yet you can let them know you're there to journey with them. Grief is a marathon, not a sprint. A Loved Bible can be a tool to show you care.

This worksheet will guide you as you love a Bible for someone in a season of grief. We acknowledge it's impossible to encapsulate all the emotions that arise when you're walking with someone who's struggling with grief. We've provided Scripture verses and quotes to communicate the theme that God is with those who grieve, and will not leave them during this difficult journey!

### HELPFUL THINGS TO PROCESS WHEN WALKING WITH SOMEONE THROUGH GRIEF

- \* Be patient with them.
- \* Recognize that grief comes in waves.
- \* Try to say less, and listen more.
- \* Keep praying for them.
- \* Continue to be there.
- \* Skip religious platitudes.

For example, regarding Romans 8:28: Yes, all things work together for good for those who love God, and yet a grieving person likely won't find this comforting. "Cancer [grief] is painful no matter how convinced you are of God's sovereignty." - Marissa Henley, *Loving Your Friend Through Cancer*

"What they need more than someone with a lot of words is someone with a willingness to listen without judgment, someone who seems to be entering into their hurting world for the long haul of grief." - Nancy Guthrie, *Yes, You Should Say Something: Overcoming Awkwardness with Grieving People*

"Showing up for another says, 'I see you. Your pain is known, and though I cannot make it better, I'm here and that's what matters.' Showing up for another, extending yourself for another, is always costly." - Kara Tippetts & Jill Lynn Buteyn, *Just Show Up*

## **THE GOD OF ALL COMFORT**

Scripture: 2 Corinthians 1:3-4

“God isn’t immune or indifferent to grief; he’s experienced it at the deepest level possible. And this same God is with us in our grief. He doesn’t always tell us why we’re suffering, but he does offer us himself: ‘the Father of all compassion and the God of all comfort, who comforts us in all our troubles.’” - Sharon Dirckx, *Why Grief is Evidence for God*

Additional Scripture: 2 Corinthians 7:6 - write on a card “God is our source of comfort.”

## **GOD IS OUR STRENGTH**

Scripture: Isaiah 40:27-31

“God knows we’re anxious [and hurting]. And God knows why. The answer isn’t to pretend that the bad news of the world isn’t quite so bad. The answer is to remember that even in the midst of bad news, we have a God who is gracious and merciful, near to the broken-hearted, and always available to those who call on him.” - JD Greear, *New Troubles Are Met With New Mercies*

## **GOD WITH US**

Scripture: Joshua 1:5

“In your suffering, with so many things to worry about, you don’t have to waste your spiritual and emotional energy on the fear that you will be forsaken by the One who has the power to do for you what no one else can. He is in you, he is with you, he is for you, and he will never leave.” - Paul David Tripp, *Suffering*

Additional Scripture: Psalm 23:4, Psalm 56:8 Psalm 139:7-10, Zephaniah 3:17, Matthew 1:23

## **REMEMBER GOD’S FAITHFULNESS**

Scripture: 1 Samuel 7:12

“What are the ‘Ebenezers’ in your own life that remind you of God’s past faithfulness?” - The Village Church, 1 Samuel Study

Definition of Ebenezer: “stone of help.” This was a tangible reminder to the Israelites of the Lord’s power and protection. (to learn more, see [www.gotquestions.org/Ebenezer](http://www.gotquestions.org/Ebenezer))

Additional Scripture: Psalm 145:18, 1 Corinthians 1:9, Psalm 91:4

## **GOD'S LOVE IS STEADFAST**

Scripture: Psalm 98:3

"God is faithful: God never forgets his people. Even when it seems like the world is caving in around you, you don't ever have to wonder if God has forgotten you. God is faithful, which means he hears you in your groaning, he sees you in your suffering. He knows you and he loves you, and he doesn't ever forget you." - Christ-Centered Exposition, Psalms vol. 2

Additional Scripture: Hebrews 13:8, Matthew 11:28-30, Isaiah 54:10, Lamentations 3:22-23

## **JESUS SHOWS GOD'S COMPASSION**

Scripture: John 11:35

"A Jesus who never wept could never wipe away my tears." - Charles Spurgeon

Additional Scripture: Psalm 147:3, Psalm 34:18, Hebrews 4:14-16

## **GOD GIVES REASSURANCE**

Scripture: Matthew 28:20

"He (Jesus) would give these loyal suffering ones the best assurance ever - that he would always be with them." - Paul David Tripp, *Suffering*

Additional Scripture: Psalm 91:1-2, Isaiah 43:2, Isaiah 41:10, Jude 1-2

## **THERE IS HOPE**

Scripture: Haggai 1:12-15

"Where is hope to be found? In five life-altering words: 'I am always with you.'" - Paul David Tripp, *New Morning Mercies*

Additional Scripture: Revelation 7:17, Revelation 21:4, Psalm 73:26, Romans 15:13