

**Podcast Worksheet**  
**How Do I Survive My Grief? Grieving Basics**

**Scriptural Texts:**

Isaiah 61:1; Jeremiah 8:18 NIV

**Main Points:**

1. Grieving is a necessary and essential part of our healing process. If we don't grieve, our pain will stay locked inside us and we won't finish healing; time heals nothing.
2. The pain we receive with difficult events is like water pouring into a bathtub. Grieving our losses will drain the tub. Refusing to grieve will allow the tub to overflow and make a mess.
3. We need God in this process; he's the one who heals the brokenhearted.
4. Self-medicating, being too busy, or seeking distractions don't help; instead, they interfere with grief and make things worse.
5. Grief is not something to fear. It may feel like it will kill us, but that is not true.
6. Sadness and tears are not the only way grief is expressed. Anger is a big part of grief, as well as lethargy, brain fog, apathy, and feeling depressed.
7. Even though grieving takes time, it is a temporary season. The way to get through it quickly is to allow and process our thoughts and feelings.

**Questions:**

1. Think of a past or current grief event in your life. What feelings do you have about this?
2. What have you lost because of this painful event? A helpful exercise might be to write a letter to those involved, or to the one you lost, expressing your pain and listing your losses.
3. How can you create 'white space,' empty time to think, feel, and process your loss? Consider being with God, reading Scripture, taking walks, looking at old photos, listening to music, etc.

**Prayer of Response:**

Lord God, I need your help to work through my feelings of grief in a helpful and healthy way. I don't want to hold this burden forever. I admit, I am a little afraid of the pain, but I choose to trust you to lead me along the best healing path. I surrender my grief to you. In Jesus name, amen.

Commitment: After prayerful meditation on this podcast, I am going to \_\_\_\_\_

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