

# DOWNLOAD PDF ACCEPTING YOUR LOSS AND FOCUSING ON THE ETERNAL

## Chapter 1 : Examples of what to write in a condolence message

*Hearing about your loss has deeply saddened me, but I know that this is far from what you are going through right now. I am truly sorry to hear about your loss. Your mother was a great woman and she will be truly missed and will always be remembered. Please accept our condolences on the passing of your sister.*

You cannot serve God and money. They do it to receive a perishable wreath, but we an imperishable. So I do not run aimlessly; I do not box as one beating the air. You are not your own, for you were bought with a price. So glorify God in your body. For it will come upon all who dwell on the face of the whole earth. But stay awake at all times, praying that you may have strength to escape all these things that are going to take place, and to stand before the Son of Man. Sufficient for the day is its own trouble. See to it that no one takes you captive by philosophy and empty deceit, according to human tradition, according to the elemental spirits of the world, and not according to Christ. But one thing I do: God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light. The Lord is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows.

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## Chapter 2 : Back to the Bible - Is my salvation in Christ secure, or can I lose my salvation?

*It's terrible to hear about your loss and I express my sincere sympathy to you and your family; I am deeply saddened by the loss that you and your family have encountered. My condolences. My deepest sympathies go out to you and your family. May God give you the peace that you seek.*

Spotlight Words Of Condolence: Am deeply saddened by the loss that you and your family have encountered. My deepest sympathies go out to you and your family. May God give you the peace that you seek. May my condolences bring you comfort and may my prayers ease the pain of this loss. A good heart has stopped beating, a good soul ascended to heaven. We part with our beloved grandfather in pain. May our Lord bless and comfort you and your family during this time of grief. Please accept my sincere condolences. We will never forget you. We will pray for him as he prayed for us. May God give him eternal rest. You and your family are in my heart and mind. My condolences on the passing of your father. May care and love of those around you provide comfort and peace to get you through the days ahead. My most sincere condolences. I hope that our Lord brings you and your family the much-needed peace during this sad time. My condolences to you and your family. I am honoured and blessed to have known your uncle. He was truly a blessing in my life and I will miss him. Prayers and fond memories are what we have to remember our dearly departed. My most heartfelt condolences. I am truly sorry to hear of the loss of your mother. Please accept our condolences and may our prayers help comfort you. I will never forget his kindness. May God give him eternal rest and the family the strength to bear the great pain. I offer you my thoughts, prayers and well-wishes during this dark time in your life. A person that departs from this earth never truly leaves, for they are still alive in our hearts, through us, they live on. Your father will be terribly missed. He was loved by all of us and he will be cherished in our memories forever. Flowers and prayers go out for our dear grandfather and great-grandfather that left us too soon. We are deeply saddened by your loss, may our prayers guide his soul to our Heavenly Father. Our thoughts and prayers are with you and your family. Mother is the most expensive being on earth. No one and nothing can fill the void created by the loss of our dear mother. May the love and mercy of our Lord be bestowed upon you and your family during this unfortunate time. The good Lord called to her last night our beloved mother and aunt. My God rests her soul in peace. I am deeply saddened by the loss of your brother. He will be truly missed and I will include him in my daily prayers. We pray that the Good Lord to caress the souls of those left desolated after the tragic disappearance. May the soul of the dearly departed rest in peace, may my prayers help guide her on her journey to our Creator. Nobody can understand how hard a separation is! It remains only the eternal memory in our hearts of our dear grandmother. May fond memories of your mother bring you comfort during this hard time in your life. My heart and prayers go out to you and your family. When we lose a loved one here on earth, we gain an angel in heaven that watches over us. Our most sincere condolences to you. Sincere condolences to the families grieving the immeasurable loss they suffered. Please accept my condolences. At this difficult time in your life, we pray that God will grant you the peace that you need to get through this. Our souls are hardened of pain on hearing of the unfair disappearance, we knew, appreciated and admired! God rest his soul. No one can prepare you for a loss; it comes like a swift wind. But take comfort in knowing that he is now resting in the arms of our Lord. We are deeply pained and words are of no help in expressing the sorrow we feel at this moment. Please accept my heartfelt condolences, words cannot begin to express the sadness you are feeling right now, God rest his soul. We lost a great friend, but the universe received a new beautiful star. In this tough time in your life, may our friendship, sympathy and heartfelt condolences bring you comfort. Sent with love and remembrance to get through this tough time. Our most sincere condolences. Hearing about your loss has deeply saddened me, but I know that this is far from what you are going through right now. I am truly sorry to hear about your loss. Your mother was a great woman and she will be truly missed and will always be remembered. Please accept our condolences on the passing of your sister. It was an honour to have known such a great person. Remembering you and Louise in

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our minds and in our hearts. May her soul rest in peace, I believe that God will accept her with open arms for all the good she has done while she was on this earth. Losing someone we love is nothing easy, we can realize that we are blessed to have been able to share in his life. Nothing is more painful in life as the separation of a jewel. We join our friends with thoughts of comfort in helping them get over the immense void left behind by the loss of their beloved father. His kind face remains forever in our image. You retired quietly, the same way you live in the world of good and righteous. We would like to express our sorrow and condolences to you and your family. She will be a part of our prayers from now on. Wishing you peace to bring comfort and the courage to face the days ahead and loving memories to forever hold in your hearts. We were coworkers of Martin. Words cannot express our sorrow. Martin will be missed. I cannot believe you are no longer with us. I have to believe that God has bigger plans for you. We are sorry for your loss. Niklas was such a great person, He will live on in our memories forever. I extend my deepest sympathies to you and your family. May the soul of your mother be at peace with our Heavenly Father. I am deeply saddened by the news of your loss. I pray that God will grant you the strength. Remembering her wonderful and gentle soul will forever remain in our hearts. May she rest in peace! Words fall short of expressing my sorrow for your loss. Our hearts go out to you in your time of sorrow. A thought of comfort and condolences to the grieving family. Our collective hearts are heavy with sympathy. Sharing in your sorrow with love and friendship. Thinking of you, at this time of loss. We stand by our uncle, in a time where his beloved wife passed away. When someone you love becomes a memory, the memory becomes a treasure. No words can describe how sorry I am for your loss. Words fall short of expressing my sorrow. May her soul rest in peace. Someone so special can never be forgotten.

## Chapter 3 : Eternal Damnation: What does the Bible Really Teach?

*With all the compassion and comfort our souls offer, we stand by our dear friend, while suffering at the eternal loss of the man that was a husband, father and uncle. You were a too innocent soul for the world we live in.*

A condolence message is a heartfelt or sympathetic message you send to someone in a time of sadness, specifically, during the time of death. Things You Should Never Say to a Grieving Person Although your condolence messages or words of encouragement might not be enough to cheer up a grieving friend, careless words could hurt them further. Here are a couple of things to avoid saying to a grieving person or expecting from someone who is grieving. If you are terrible at consoling people who just lost a loved one, then you will find this list of sympathy messages handy. For example, you are accompanying a friend to a funeral, or your co-worker lost his best friend. If someone loses an uncle, an aunt, a friend, an in-law or even a grandparent and you did not know the deceased use the following straightforward and short words of condolence: Please accept my deepest condolences. When we fall in love, among the things we fear could end a relationship, death is something we never include. He was blessing in my life, and I will forever carry him in my heart. He was a wonderful man. I know you had a great marriage and loved him so much. Apart from your message of condolence, he could use your help with home errands such as food and in caring for the children. She will be truly missed, and I will include you and your family in my daily prayers. Surely she will not be forgotten. May you find the comfort and peace that you seek and may the soul of your wife rest in peace. It is an honor to have known such a great person, and I will truly miss her. I will surely miss her presence; she was a lovable and kind person. My heart and prayers go out to you and your family. Know that you are in my thoughts and prayers. You have my most sincere sympathy for her passing. If it is a co-worker or a friend who lost his father, a simple message of condolence is appropriate what if it is a child? That requires more finesse and empathy. These are appropriate words of sympathy for someone who just lost a father: May his soul rest in peace. He will always be in our hearts. His life is an inspiration to me and many others. He was indeed an inspiration to us all. Please accept my condolences. We hope that the love of family and friends will comfort and strengthen you in the days ahead. I pray for your peace and comfort during this difficult period. He always had a calming effect on everyone around him. God bless her soul. I hope you find some comfort in knowing that she was a great mother to me, and she will never be forgotten. May the soul of your dear mother rest in peace. I express my sincere sympathy to you and your family. Know that you and your family are in my thoughts and prayers. My heart goes out to you in this trying time and may you, and your loved ones find the strength to get through this. My condolences to you and your family. Your mother was a beautiful and kind soul, and she will not be forgotten. May you find comfort in the memories you shared with your mom, accept my sincere condolences. Empathy, in this case, is more important than sympathy. May his gentle soul rest in peace. In our minds, he lives on. It is an honor to serve alongside your brother. You have my heartfelt sympathy. Accept my deepest condolences. May her soul rest in peace. Please accept my sincere condolences. She was so important to our world, and will never be forgotten. Here are ten simple condolence messages for a family that just lost their child: My thoughts are with you. God rest his soul. May God grant him eternal rest and the family the strength to bear his untimely passing. Know that you are in my prayers. If you have a good memory of your mentor, you can share it with the bereaved to recognize the role the deceased played in your life. He took me home and told me to wait in the car; I saw him have a word with my mother and from that day, my parents never fought again, well at least not in front of me. These are 10 condolence messages you can offer someone who lost a teacher or a mentor: My deepest sympathies to your family for this great loss. He was a great teacher and father to many and may his soul find eternal rest. Please accept my heartfelt condolences. I will miss the presence of the truly lovable and kind person she was. Here are some sample condolence messages on the loss of a pet: Accept my sincere sympathies. I admire your bravery and love; you are a great pet owner. Yes, it is insensitive, and you should never say or imply that to a pet owner. Remember,

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the best condolences message is one that conveys your sympathy.

## Chapter 4 : What Does the Bible Say About Forgetting The Past?

*Whether it's a family loss, a missed opportunity, or a sudden change in your plans, being able to accept things that are out of your control will help you maintain inner peace and happiness. Acceptance, in my opinion, is the key to convert momentary happiness to enduring happiness.*

Indeed, I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things and count them as rubbish, in order that I may gain Christ 2 Corinthians 3: For the letter kills, but the Spirit gives life. If the work that anyone has built on the foundation survives, he will receive a reward. Whoever follows me will not walk in darkness, but will have the light of life. If they hide themselves on the top of Carmel, from there I will search them out and take them; and if they hide from my sight at the bottom of the sea, there I will command the serpent, and it shall bite them. And if they go into captivity before their enemies, there I will command the sword, and it shall kill them; and I will fix my eyes upon them for evil and not for good. For I will forgive their iniquity, and I will remember their sin no more. Behold, I am doing a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert. Every valley shall be lifted up, and every mountain and hill be made low; the uneven ground shall become level, and the rough places a plain. And the glory of the Lord shall be revealed, and all flesh shall see it together, for the mouth of the Lord has spoken. Let not steadfast love and faithfulness forsake you; bind them around your neck; write them on the tablet of your heart. So you will find favor and good success in the sight of God and man. Trust in the Lord with all your heart, and do not lean on your own understanding. But God, being rich in mercy, because of the great love with which he loved us, even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved— In all your ways acknowledge him, and he will make straight your paths. And we are writing these things so that our joy may be complete. This is the message we have heard from him and proclaim to you, that God is light, and in him is no darkness at all. Do you not know that friendship with the world is enmity with God? Therefore whoever wishes to be a friend of the world makes himself an enemy of God. Do not neglect to show hospitality to strangers, for thereby some have entertained angels unawares. Remember those who are in prison, as though in prison with them, and those who are mistreated, since you also are in the body. Let marriage be held in honor among all, and let the marriage bed be undefiled, for God will judge the sexually immoral and adulterous. Do nothing from rivalry or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others. Have this mind among yourselves, which is yours in Christ Jesus, But now that you have come to know God, or rather to be known by God, how can you turn back again to the weak and worthless elementary principles of the world, whose slaves you want to be once more? You observe days and months and seasons and years! I am afraid I may have labored over you in vain. Suggest a Verse Enter a Verse Reference e. Unless otherwise indicated, all content is licensed under a Creative Commons Attribution License.

## Chapter 5 : Coping with Grief and Loss: Dealing with the Grieving Process and Learning to Heal

*So, instead of expecting something to happen, or expecting a person to act a certain way, try to focus on accepting and creating. Focus on what you want to create instead of what you expect to happen.*

Weight loss or weight gain Aches and pains Insomnia Seek support for grief and loss The pain of grief can often cause you to want to withdraw from others and retreat into your shell. But having the face-to-face support of other people is vital to healing from loss. Comfort can also come from just being around others who care about you. The key is not to isolate yourself. Turn to friends and family members. Now is the time to lean on the people who care about you, even if you take pride in being strong and self-sufficient. They may feel unsure about how to comfort you and end up saying or doing the wrong things. Draw comfort from your faith. If you follow a religious tradition, embrace the comfort its mourning rituals can provide. Spiritual activities that are meaningful to you—such as praying, meditating, or going to church—can offer solace. Join a support group. Grief can feel very lonely, even when you have loved ones around. Sharing your sorrow with others who have experienced similar losses can help. To find a bereavement support group in your area, contact local hospitals, hospices, funeral homes, and counseling centers, or see the Resources section below.

**How to Choose** Talk to a therapist or grief counselor. If your grief feels like too much to bear, find a mental health professional with experience in grief counseling. An experienced therapist can help you work through intense emotions and overcome obstacles to your grieving. As well as allowing you to impart practical information, such as funeral plans, these pages allow friends and loved ones to post their own tributes or condolences. Reading such messages can often provide comfort for those grieving the loss. Of course, posting sensitive content on social media has its risks. Memorial pages are often open to anyone with a Facebook account. This may encourage people who hardly knew the deceased to post well-meaning but inappropriate comments or advice. Worse, memorial pages can also attract Internet trolls. There have been many well-publicized cases of strangers posting cruel or abusive messages on memorial pages. To gain some protection, you can opt to create a closed group on Facebook rather than a public page, which means people have to be approved by a group member before they can access the memorial. The stress of a major loss can quickly deplete your energy and emotional reserves. Looking after your physical and emotional needs will help you get through this difficult time. In order to heal, you have to acknowledge the pain. Trying to avoid feelings of sadness and loss only prolongs the grieving process. Unresolved grief can also lead to complications such as depression, anxiety, substance abuse, and health problems. Express your feelings in a tangible or creative way. Write about your loss in a journal. Try to maintain your hobbies and interests.

**How to Start Exercising and Stick to It: Making Exercise Enjoyable** Look after your physical health. The mind and body are connected. Combat stress and fatigue by getting enough sleep, eating right, and exercising. For help facing up to and managing distressing emotions like grief These and other difficult emotions become less intense as you begin to accept the loss and start to move forward with your life. If the pain of the loss is so constant and severe that it keeps you from resuming your life, you may be suffering from a condition known as complicated grief. Complicated grief is like being stuck in an intense state of mourning. You may have trouble accepting the death long after it has occurred or be so preoccupied with the person who died that it disrupts your daily routine and undermines your other relationships. Symptoms of complicated grief include: But with the right guidance, you can make healing changes and move on with your life. Remember, grief can be a roller coaster. It involves a wide variety of emotions and a mix of good and bad days. With depression, on the other hand, the feelings of emptiness and despair are constant. Depression Symptoms and Warning Signs: Recognizing Depression and Getting Help Other symptoms that suggest depression, not just grief, include: As a general rule, normal grief does not warrant the use of antidepressants. While medication may relieve some of the symptoms of grief, it cannot treat the cause, which is the loss itself. Furthermore, by numbing the pain that must be worked through eventually, antidepressants delay the mourning process. Instead, there are other steps

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you can take to deal with depression and regain your sense of joy in life. Left untreated, complicated grief and depression can lead to significant emotional damage, life-threatening health problems, and even suicide. But treatment can help you get better. Contact a grief counselor or professional therapist if you: In the UK, call 90 90 In Australia, call 13 11 Or visit IASP to find a helpline in your country. Recommended reading Grief and Loss:

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### Chapter 6 : Change, Loss, and Grief: Are Your Reactions Unhealthy? - Sharecare

*The flip side of worrying is ruminating, thinking bleakly about events in the past. And again, if you press your focus into the now, rumination ceases.*

These three astronauts are on a mission. But they are not alone in that mission. Everyone at mission command is part of the mission as well. You could define their mission as getting three men to the moon. Each person, whether onboard on in the command center, has a specific part of the mission to complete. They are focused entirely on the mission. We as believers are on mission for God. Together we work toward His kingdom program here on earth. We each are responsible for our part in that mission. When we discover what that personal mission is, we must give it our focus in order to maximize our influence and to accomplish the task. I really do believe in what I am sharing with you today. In a sense I happened upon the truth that I should focus my influence where God has designed and sent me. I cannot remember anyone telling me that. I probably did it out of burnout when I attempted to take on too many things. Or I was simply frustrated by taking on ministry and activities for which I was not designed. We are going to look at four things today: Finding your God-given mission 4. Writing a personal mission statement We start with defining mission. It is the big picture of what God has called you to uniquely contribute with the life He has given you. It is a broad umbrella that covers your entire life, both career and personal. Read carefully to determine if it is the same. The way I will refer to mission today is not a specific short-term mission. Consider the difference in going on a short-term mission trip and becoming a lifetime missionary. I have been on 3 short-term mission trips and I have never really changed my life over them. There were a few adjustments for a few weeks, but nothing long lasting. Their focus in life becomes this mission that they have. They adjust everything in their lives to the mission. That is the kind of mission we are talking about today. That is not my mission. I cannot see my mission as simply to lead the women of NBC. Although my job should be part of my mission, it is not all of my mission. The day will come when I no longer have the job but the mission will continue. A role, such as wife or motherâ€”when we see our missions in this light, we are in trouble because those are roles that may or may not stay with us. If we can lose the role because of death or estrangement or other loss, we lose the mission and our life-purpose. If I had seen myself only in terms of my motherhood, I would not be lost, feeling purposeless because my children are grown and out of the house. Necessarily grand or highly visible. Some of you may have a mission to love and care for the hurting and the outcast in practical ways. That will never involve a highly visible role. Few may ever notice that you are busy doing your mission. But it is a mission that reflects the love of God to both believers and unbelievers. It involves Christ-like care for people in need. I can think of some women who serve me and the other women at our Bible study every Tuesday. They are not as visible as I am, but their contributions are as important as mine. They are the hands of Christ extended with warmth and welcome to others. Perhaps such a woman could say her mission is to make the love of Jesus real to those within her sphere of influence by creating a hospitable and warm atmosphere. Vision, but you need vision to accomplish it I am defining vision here as a picture of the future in a particular sphere of life. Vision focuses on results while mission focuses on actions. As he built the ark, he told them of the coming judgment; yet, there were no results. No one came to repentance before God. Only his sons and their wives responded and were saved from the flood. Noah became a witness to his own generation and to all of us who have followed. Mission is not about results. It may be that by the grace of God we helped bring about a profound change for the better in the lives of other souls around us, but it also may be that this takes place beyond our sight, or after we have gone on. And we may never know what we have accomplished, until we see him face-to-face after this life is past. It is given by God as a life-purpose. If it were defined by roles or jobs or results, it would change. Bolles defines mission this way: The next thing we need to discuss isâ€” II. I found 7 that I would call mission-type statements. He came to save people and to serve them by giving His life for them and by preaching the truth to them. We see that Jesus focused His influence in the area of His

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mission. He never traveled far from home. But He did all that He was sent to do. He completed His mission. If He had failed to focus on that mission and allowed others to distract Him, He would not have been able to fulfill what He was supposed to do. In that account he reported how Jesus had given him a mission. But get up and stand on your feet, for I have appeared to you for this reason, to designate you in advance as a servant and witness to the things you have seen and to the things in which I will appear to you. I will rescue you from the Gentiles, to whom I am sending you to open their eyes so that they turn from darkness to light and from the power of Satan to God, so that they may receive forgiveness of sins and a share among those who are sanctified by faith in me. In his last letter written shortly before he was martyred, he told Timothy that he had completed his mission. I have fought the good fight, I have finished the course, I have kept the faith; in the future there is laid up for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day; and not only to me, but also to all who have loved His appearing. When we focus on our missions, as Jesus and Paul did, we have to let some other opportunities and activities go. If we understand that God empowers us where He sends us, we realize that focus on mission maximizes our influence. I do more to influence others when I am about the work that God has specifically designed me to do than when I am doing anything else, as good as it may be. What are the hindrances that keep us distracted rather than focused? Hindrances to focus Pleasing people Paul had this to say about pleasing people: Or am I trying to please people? If I were still trying to please people, I would not be a slave of Christ! A friend or someone whom you admire calls and asks you to take on a job or a task. Or perhaps you would love to do this assignment with this friend because you enjoy her company so you agree, although it is not a good fit for you. You are pleasing people and even yourself when you do that. If God has not called you to the task, it is not one you should agree to do. I am just not a dinner or retreat speaker, and I should always just say no when asked to do those kinds of things. You could be swayed by the desire to advance in your working situation or even on a church staff. We make the opportunity more important than the mission. Finally, a big hindrance for us is always guilt. Guilt As we read earlier, when Jesus was approached with the demands of the crowds, He focused on His mission instead of giving in to guilt. We often begin falling into this one with our parents. My mother is a master in using guilt to get me to do what she wants. I learned early on that she expected me to act out of guilt. I went to a relatively small church for several years. When we joined, I was informed that all of the women did VBS. That was not my ministry, and I only had time to focus on what God had called me to do. If I had given in to guilt or had done it to please people rather than God, I would have failed to give my best in the area where God called me to be. I have found this principle of focusing on mission be the easiest way to quickly eliminate a lot of opportunities. As a rule I do not do the things that do not fit my mission. That is the mission of the church at large, and we are to participate. But in what arena? Most of my evangelism is done when I am teaching a large group or when I am on a one-on-one with someone I know. I do not use up my Saturdays going with our evangelism team on DART to share the gospel with those who are waiting for trains.

## Chapter 7 : Heartfelt Condolence Messages For The Bereaved – Prisoner Of Class

*"Accept my deepest condolences on the loss of your brother; he was a kind and gentle soul. God bless his soul". "My thoughts are with you and your family at this hard time caused by the painful loss of your dear brother."*

Despair Guilt These feelings are normal and common reactions to loss. You may not be prepared for the intensity and duration of your emotions or how swiftly your moods may change. You may even begin to doubt the stability of your mental health. But be assured that these feelings are healthy and appropriate and will help you come to terms with your loss. It takes time to fully absorb the impact of a major loss. You never stop missing your loved one, but the pain eases after time and allows you to go on with your life. Mourning A Loved One It is not easy to cope after a loved one dies. You will mourn and grieve. Mourning is the natural process you go through to accept a major loss. Mourning may include religious traditions honoring the dead or gathering with friends and family to share your loss. Mourning is personal and may last months or years. Grieving is the outward expression of your loss. Your grief is likely to be expressed physically, emotionally, and psychologically. For instance, crying is a physical expression, while depression is a psychological expression. It is very important to allow yourself to express these feelings. Often, death is a subject that is avoided, ignored or denied. At first it may seem helpful to separate yourself from the pain, but you cannot avoid grieving forever. Someday those feelings will need to be resolved or they may cause physical or emotional illness. Many people report physical symptoms that accompany grief. Stomach pain, loss of appetite, intestinal upsets, sleep disturbances and loss of energy are all common symptoms of acute grief. Existing illnesses may worsen or new conditions may develop. Profound emotional reactions may occur. These reactions include anxiety attacks, chronic fatigue, depression and thoughts of suicide. An obsession with the deceased is also a common reaction to death. Dealing with a Major Loss The death of a loved one is always difficult. Your reactions are influenced by the circumstances of a death, particularly when it is sudden or accidental. Your reactions are also influenced by your relationship with the person who died. Parents may also feel that they have lost a vital part of their own identity. The death may necessitate major social adjustments requiring the surviving spouse to parent alone, adjust to single life and maybe even return to work. At this time, feelings of loneliness may be compounded by the death of close friends. They may leave the survivors with a tremendous burden of guilt, anger and shame. Survivors may even feel responsible for the death. Seeking counseling during the first weeks after the suicide is particularly beneficial and advisable. Living with Grief Coping with death is vital to your mental health. It is only natural to experience grief when a loved one dies. The best thing you can do is allow yourself to grieve. There are many ways to cope effectively with your pain. Seek out caring people. Find relatives and friends who can understand your feelings of loss. Join support groups with others who are experiencing similar losses. Tell others how you are feeling; it will help you to work through the grieving process. Take care of your health. Maintain regular contact with your family physician and be sure to eat well and get plenty of rest. Be aware of the danger of developing a dependence on medication or alcohol to deal with your grief. Accept that life is for the living. It takes effort to begin to live again in the present and not dwell on the past. Postpone major life changes. Try to hold off on making any major changes, such as moving, remarrying, changing jobs or having another child. You should give yourself time to adjust to your loss. It can take months or even years to absorb a major loss and accept your changed life. Seek outside help when necessary. If your grief seems like it is too much to bear, seek professional assistance to help work through your grief. Allow them – even encourage them – to talk about their feelings of loss and share memories of the deceased. Baby-sitting, cooking and running errands are all ways to help someone who is in the midst of grieving. Remember that it can take a long time to recover from a major loss. Make yourself available to talk. Encourage professional help when necessary. Helping Children Grieve Children who experience a major loss may grieve differently than adults. Limited understanding and an inability to express feelings puts very young children at a special disadvantage. Young

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children may revert to earlier behaviors such as bed-wetting , ask questions about the deceased that seem insensitive, invent games about dying or pretend that the death never happened. Instead, talk honestly with children, in terms they can understand. Take extra time to talk with them about death and the person who has died. Help them work through their feelings and remember that they are looking to adults for suitable behavior. Looking to the Future Remember, with support, patience and effort, you will survive grief. Some day the pain will lessen, leaving you with cherished memories of your loved one.

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## Chapter 8 : Accepting Synonyms, Accepting Antonyms | calendrierdelascience.com

*Please accept my/our condolences on the passing of your (insert relationship of deceased to bereaved here). It was an honor to have known such a great person and I/we will truly miss him/her. May God embrace you in comfort during this difficult time.*

Perhaps a loved one has died No matter how deep your pain, God can help you find comfort and hope. As you read this booklet, pray that He will bring healing to your broken heart. The Facts on Grief Understanding the nature of grief can help us better cope with loss. Grief is a natural, healthy process that enables us to recover from terrible emotional wounds. The grief process is like sailing across a stormy sea. When we first experience a great loss, we are launched into a tempest of emotions. We feel surrounded by darkness and heavy waves of anguish. Comforting words are drowned out by howling winds of sorrow. We feel lonely and out of control as we are swept toward a new destination in life. This journey through grief has four phases: Shock – In the days and weeks immediately following a devastating loss, common feelings include numbness and unreality, like being trapped in a bad dream. Reality – As the fact of the loss takes hold, deep sorrow sets in, accompanied by weeping and other forms of emotional release. Loneliness and depression may also occur. Reaction – Anger, brought on by feelings of abandonment and helplessness, may be directed toward family, friends, doctors, the one who died or deserted us, or even God. Other typical feelings include listlessness, apathy, and guilt over perceived failures or unresolved personal issues. Recovery – Finally, there is a gradual, almost imperceptible return to normalcy. This is a time of adjustment to the new circumstances in life. These phases vary in duration for each person, so we should not impose a timetable upon anyone. Some people need a year or two, while others may take less time. Holidays, anniversaries and birthdays can trigger intense grief, especially the first year. Healing a broken heart is similar to healing a broken leg. Rushing the process can actually hinder our long-term recovery, like removing a cast before the bone is strong enough to bear weight. Grief that is left unresolved may trigger depression, alcoholism, drug abuse, or other serious problems. Job clung desperately to God, despite catastrophic loss and unhelpful friends. Jesus is our best role model for combining faith and grief, as revealed in John Although Jesus knew He was about to raise Lazarus from the dead, He still allowed Himself to feel – and express – the depths of human sorrow. We can take comfort in knowing that Jesus has experienced all of our pain, including loss, rejection, betrayal, and dying. As our Savior and Redeemer, He took all our sins to the cross and forgives us when we ask. Remember, a shadow indicates that there is a light on the other side! Deep faith in Christ does not prevent grief when a believer dies, but it infuses grief with hope! For Christians, death is a passageway to eternal life see John 5: The thief on the cross turned to Christ in the last hours of life see Luke The Holy Spirit – also called the Comforter see John God beckons us into His loving arms so He can heal our wounded hearts. Managing Grief Grief can affect our thinking, behavior, emotions, relationships, and health. People may experience sleeplessness, exhaustion, indigestion, lack of appetite, or memory lapses. Recognizing that these are common reactions to grief can help us minimize them by reaching out to friends, joining a prayer group, or asking a pastor or Christian counselor for assistance. One of the most difficult tasks for a bereaved person is adjusting to the new environment without the loved one who has died or moved away. We will find the answers as time passes and recovery progresses. God will show us His timing and His direction as we seek Him. Here are three steps to recovery Grieve – Though grief is bitter, we must let sorrow run its natural course. These are some Scriptures that can bring hope, strength and peace: Psalms 16, 23, 34, 91 John

## Chapter 9 : Job Loss and Unemployment Stress: Coping with the Stress of Losing a Job

*Please accept our most heartfelt sympathies for your loss our thoughts are with you and your family during this difficult time. Please know that our loving thoughts embrace you. Bereavement Messages. Praying for friends to comfort you, faith to uphold you, and loving memories to help you smile again. Remember that we love and care about you.*

You rarely enjoy any activity and have few positive thoughts. You may also experience many of the emotions of normal grief, but rather than coming in waves, they remain constant despite any comfort and support you may receive from others. However, you may have a greater risk if you have: Depression not only affects how you think, but it also affects your immune system, your sleep, and many of the natural processes that keep your body in working order, both physically and mentally. Several studies have revealed connections between depression and hypertension, stroke, heart disease, diabetes, obesity, and asthma. If you or someone you know may be suffering depression, make an appointment with a healthcare provider. He or she will assess whether the symptoms are explained by grief. Your Grief Is Unique Regardless of the type of loss you experience, your grieving process will be different from that of other people, even people experiencing the same loss. You react to loss in your own way, depending on your personality, the situation surrounding your loss, previous losses, your social support network, and the nature of your relationship with the person lost or your attachment to what was lost. You may experience several or only a few of the feelings and clinically defined stages of grief, and there is no set order in which they should occur. Often, the physical, emotional, and behavioral changes are more intense and frequent shortly after a loss. Over time, these changes should gradually subside, becoming less intense, lasting for shorter periods, and happening less frequently. The Stages of Grief In the late s, psychiatrist Elisabeth Kubler-Ross introduced the idea that people go through five stages of grief: Although she helped legitimize the wide variety of emotions that people experience after loss, the stage model she proposed soon became a prescription for proper grief rather than a loose structure to identify broader patterns of grieving. As a result, many people mistakenly assumed they must move through all the stages and emotions, in succession, to grieve correctly or completely. Although the stage models of Kubler-Ross and others have become a very popular way of explaining the grieving process, researchers exploring different types of loss found little evidence that people move through a consistent set of stages toward recovery. If you are familiar with the stages of grieving and are worried that you are missing a step or are cycling through one step more than once, rest assured this is not necessarily a sign that you are stuck in the grief process. The grieving process, which may take anywhere from a couple of months to a couple of years, should help you come to terms with your loss and eventually lead you to some feeling of resolution. Without this sense of closure, you may have difficulty functioning in your daily life and may have an increased risk of physical and mental illnesses. Complicated grief and depression are conditions that can keep you from achieving this sense of closure. When the grieving process is prolonged or totally stalled, there is cause for concern. However, a need remains for greater clarity in defining complicated grief and determining areas of distinction and overlap with this condition and normal grief, depression, and posttraumatic stress disorder. Many factors will shape your journey, and some may complicate it. Having ups and downs along the way is normal and healthy, as is backtracking, as long as you feel you are making progress overall. But if the path continues getting rockier rather than smoother, or if you feel stalled or stranded at any point, seek the advice of a mental health professional who is familiar with grief issues. You may choose to seek professional counseling even if you are not experiencing any complicating circumstances; regardless of how you move through the grieving process, counseling can help you better understand your grief and help you move forward in your healing process. With some gentle guidance, you can get on with your life -- and still enjoy your wonderful memories.