



**BLESSED ARE THOSE WHO MOURN...IS YOUR RESPONSE
COMFORTING?**

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Blessed are
those who
mourn...is your
response
comforting?

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Ministries

Broader framework of Loss

- Loss of Relationships
- Loss of some aspect of self
- External Losses
- Developmental Losses

A closer look

- Loss of self
 - Self
 - Identity
 - Self confidence
 - Health
 - Personality

A closer look, continued

- Loss of security
 - Emotional security
 - Physical security
 - Fiscal security
 - Lifestyle

A closer look, continued

- Loss of meaning
 - Goals and dreams
 - Faith
 - Will/desire to live
 - Joy

What makes it difficult to grieve?

- Mobile, uprooted society
- Pressure to heal quickly
- Past experiences with pain
- Circumstances surrounding death
 - Sudden
 - Premature
 - Violent
 - No body
 - Intense relationship

Most common inhibitor

- Not knowing what to expect

Special features to be considered of a traumatic death

- Usually leave the survivor with a sense of unreality about the loss
- Exacerbation of guilt feelings
- Involvement of legal and medical authorities
- Sense of helplessness
- Unfinished business
- Increased need to understand

Look at what happens to our faith when we are hurting

- Doesn't change God, but it severs our ability to believe He has any on going interest in our life
- Where is God during my times of pain
- Expressions of negative feelings. Is it Christian to do so?
- Practicing our faith

Restrictions in helping

- Values and belief systems
- Past experience with loss
- Priority to take pain away
- Amount of time to intervene

Beginning interventions

- Know your filters
- Slow down
- Think about death and grief
- Urgencies in your life
- What does this family expect of me?

What is helpful, what hurts

- Proverbs 25:20, “Like one who takes away a garment on a cold day, or like vinegar poured on soda, is one who sings songs to a heavy heart.
- It is not about
 - You
 - Platitudes
 - No bag of tricks
 - No reward for speed
 - Not attached to outcome

What is helpful

- What it is about
 - Simple communication
 - Supportive presence
 - Divine momentum

Hope

- The promise of Hope
- Throwing the Hope switch
- Borrowed Hope
- Talk Hope

Closing Thoughts

- Reviewing our responses
- Meditation on Hands