

1

Introduction

- Who am I?
- What is my story?
- What is this workshop about?



2

Agenda

- Embrace Love: Understanding Grief in our Communities
- Embrace Truth: Isolation versus Community
- Embrace Peace: Healing in Community
- Conclusion/Q&A

3

Elisabeth Elliot

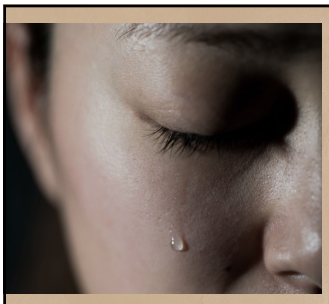
> *Who of us in the worst pit that we've ever been in needs anything as much as we need company?*

4

Ecclesiastes 4:9-10 NIV

> *Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up.*

5



About 2.5 million people die each year in the United States alone. Leaving on average five grieving individuals.

6

Can You Just Sit With Me?



7

What is grief?

- 1828 Noah Webster – the pain of mind, produced by loss, misfortune, injury, or evils of any kind: sorrow; regret.
- Erich Lindemann – defined grief as a specific condition with both emotional and physical symptoms.
- Dr. George Engel – defined grief as a character response to the loss of a valued object.

8

What is grief?

Grief is a normal yet complex and innate human experience that stems from an undesirable event, affecting not only our mental and physical well-being but also our spirit and overall quality of life.

9

5 Stages of Grief

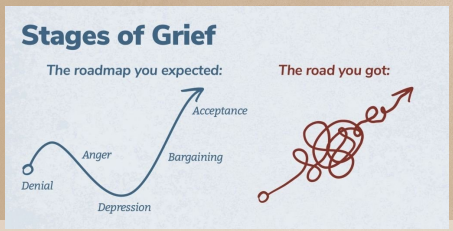
Most well-known grief model.

Developed by Swiss-American psychiatrist Elisabeth Kubler-Ross.

Stage 1 Shock → Stage 2 Anger → Stage 3 Bargaining → Stage 4 Depression → Stage 5 Acceptance

10

Grief Doesn't Follow Stages



11

Grief Myths vs Facts

Myth	Fact
Everyone grieves in stages.	Grief doesn't follow the rules.
Grief and mourning are the same.	Grief can produce many behaviors; mourning is one of them.
Women cry more than men.	All people grieve differently.
Ignoring your pain will help it go away.	Ignoring your pain is a temporary solution at best.
The first year is the hardest	Grief is hard period.

Table 1.1 Myths vs. facts about grief
Can You Just Sit With Me, p.25

12

Embrace Love: Understanding Grief in Our Communities

Culture



Home



Church



13

Embrace Love: Understanding Grief in Our Communities



Culture

- No time to grieve.
- Openly expressing emotions makes people uncomfortable.
- Some jobs offer at best a few days off – that's only for immediate family
- All losses aren't recognized – disenfranchised grief

14

Embrace Love: Understanding Grief in Our Communities



Home

- Most often we grieve in the way we saw our parents grieve or those who raised us in the household we grew up in.
- What did that look like for you?

15

Embrace Love: Understanding Grief in Our Communities



Church

- God is love vs. grief is love.
- Are the hurting welcomed?
- Make space for grief.

16

Embrace Truth: Isolation versus Community

Loneliness



Isolation



Community



17

Embrace Truth: Isolation versus Community

Loneliness

- Grief is a lonely journey.
- May feel abandoned and misunderstood.



18

Embrace Truth: Isolation versus Community

Isolation

- Grief must be witnessed.
- What we tell ourselves and others matter.



19

Embrace Truth: Isolation versus Community

Community

- We heal in community.
- What keeps people from community?
- How can we help?



20

Embrace Truth: Healing in Community

Find Your People



Confession



Tell Your Story



21

Embrace Peace: Healing in Community



Find Your People

- A safe place.
- Someone to sit with you.
- Someone to listen.

22

Embrace Peace: Healing in Community



Confess One to Another

"Therefore, confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective" (James 5:16 NIV).

Soul Words Handout

23

Embrace Peace: Healing in Community



Tell and Retell Your Story

"They triumphed over him by the blood of the Lamb and by the word of their testimony" (Revelation 12:11 NIV).

24

Conclusion

Recap



Q&A



Final Thoughts



25

Conclusion

Recap

- Embrace Love – Understanding Grief
- Embrace Truth – Isolation versus Community
- Embrace Peace – Healing in Community

26

Conclusion

Q&A/Final Thoughts



27



28