



NEW LIFE FELLOWSHIP

Grief Journal Guide

TURN TO ME AND BE GRACIOUS TO ME,
FOR I AM LONELY AND AFFLICTED.
THE TROUBLES OF MY HEART HAVE MULTIPLIED;
FREE ME FROM MY ANGUISH.
PSALM 25:16-17

NAMING GRIEF

I'm grieving the loss of my _____

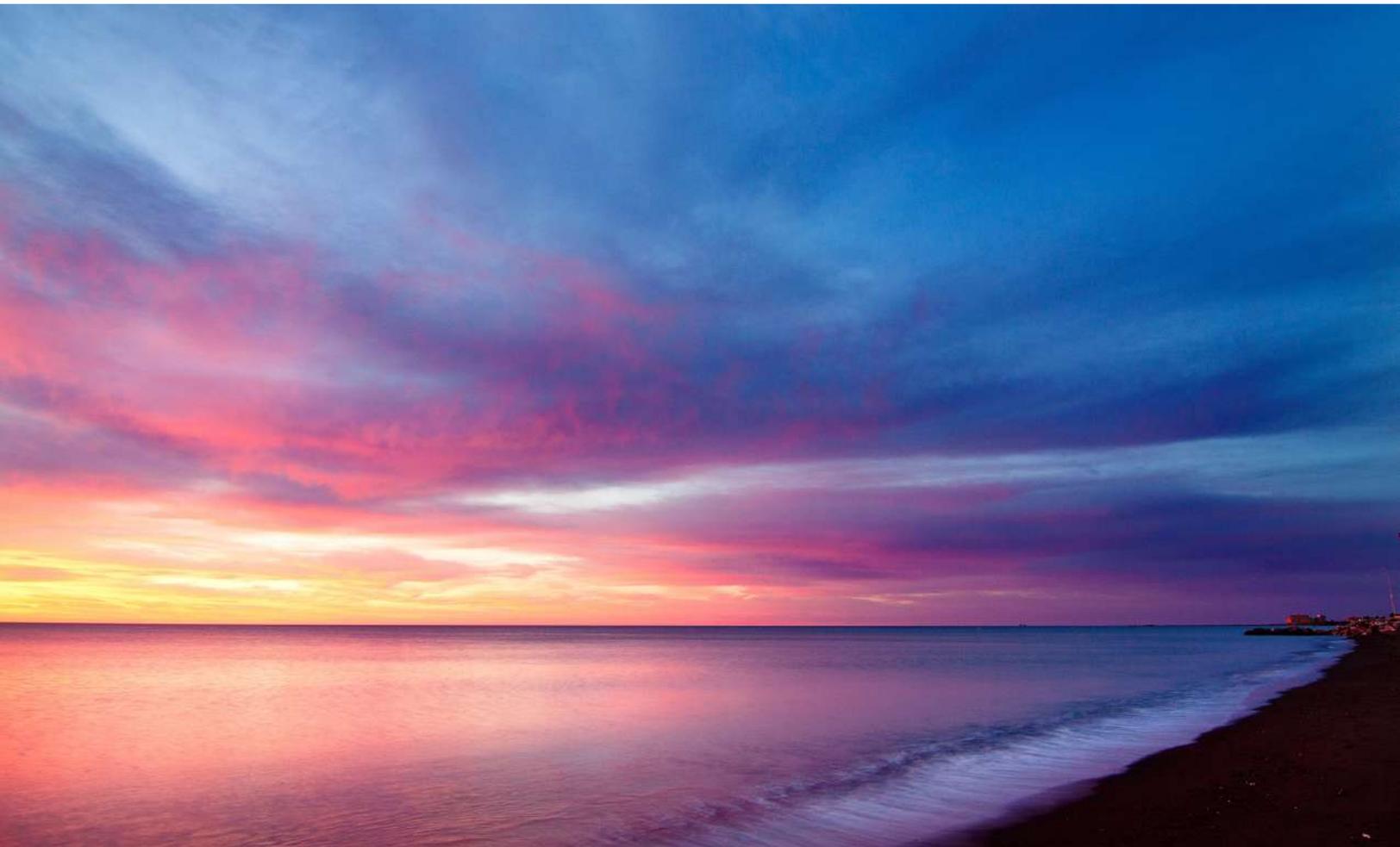
Take 3 minutes of silence or longer, holding this loss before God as you look at the picture.

Allow Grief to take up residence in your soul and manifest itself whenever wherever however and with whomever it chooses.

Reality is the beginning of spirituality.

Do your best to embrace the stark reality of the loss you are experiencing and allow the pain of that loss to enlarge your soul. Know that this is a long slow process that could take months or years depending on the significance of the loss.

- Emotionally Healthy Spirituality



Psalm 42

For the director of music. A maskil of the Sons of Korah.

1 As the deer pants for streams of water, so my soul pants for you, my God.

2 My soul thirsts for God, for the living God. When can I go and meet with God?

3 My tears have been my food day and night, while people say to me all day long, "Where is your God?"

4 These things I remember as I pour out my soul: how I used to go to the house of God under the protection of the Mighty One with shouts of joy and praise among the festive throng.

FEELINGS LIST

Afraid

Anxious
Desperate
Fearful
Helpless
Nervous
Pressured
Shocked
Terrified
Worried

Angry

Annoyed
Bitter
Defensive
Frustrated
Furious
Humiliated
Offended
Resentful

Hurt

Abandoned
Cheated
Crushed
Defeated
Deserted
Heartbroken
Lonely
Misunderstood
Upset

Sad

Ashamed
Depressed
Disappointed
Discouraged
Disillusioned
Hopeless
Miserable
Moody

Doubtful

Confused
Distrustful
Hesitant
Indecisive
Puzzled
Skeptical
Uncertain

Interested

Amazed
Challenged
Concerned
Curious
Eager
Enthusiastic
Excited
Inspired

Loving

Appreciative
Compassionate
Honored
Sympathetic
Tender

Happy

Amused
Cheerful
Comfortable
Contented
Grateful
Hopeful
Joyful
Lighthearted
Peaceful
Pleased
Relaxed

Physical Awareness

Awkward
Empty
Exhausted
Refreshed
Repulsed
Strong
Tense
Weak

Miscellaneous

Bold
Bored
Cooperative
Determined
Distant
Impatient
Indifferent
Jealous
Proud
Relieved
Secure
Surprise

*This material is drawn
from Emotionally
Healthy Discipleship.*

There is no pit so deep but that His love is deeper still.
- Corrie Ten Boom



LIST OF COMMON DEFENSES

The following is a list of common defenses we often use to protect our-selves from grief and loss.

Checkmark the common defenses that you sometimes use:

- Denial
- Minimizing (*admitting something is wrong but in such a way that it appears less serious than it actually is*)
- Blaming others (*or God*)
- “Over-spiritualizing”
- Blaming oneself
- Rationalizing (*offering excuses and justifications*)
- Intellectualizing (*giving analysis and theories to avoid personal awareness or difficult feelings*)
- Distracting
- Becoming hostile
- Medicating (*with unhealthy addictions or attachments to numb our pain*)

GRIEF PRAYER PROMPT

In my grief, Lord, I need



GRIEF CHART

MONTH

LOSSES &
DISAPPOINTMENTS
EXPERIENCED (family,
friends, coworkers)

YOUR RESPONSE
at the time
(anticipated)

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GRIEF CHART

MONTH

LOSSES &
DISAPPOINTMENTS
EXPERIENCED (family,
friends, coworkers)

YOUR RESPONSE
at the time
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GRIEF CHART

MONTH

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friends, coworkers)

YOUR RESPONSE
at the time
(anticipated)



some guidelines

Allow your words to come out the way they do.

This is not about perfecting your writing or sounding like a faith-filled Christian. This is about allowing yourself to put down on paper honest thoughts and feelings and memories that are floating in your mind and heart - so that they can be expressed.

Try bullet points.

Sometimes, when you have strong emotions, it can be difficult to articulate. Try jotting bullet points - words, an image, a phrase, as they come to mind - instead of full sentences. Sometimes, you may experience a fog and not even a word may come to mind - that is completely okay.

Sit with one area to explore at a time.

Each time you journal, whether that's every day or once a week or here and there, try selecting one area that seems most important to explore. Perhaps that's processing an emotion, jotting down memories of a loved one, examining regrets, expressing a need in prayer, or expressing numbness. Taking the time to explore one area at a time helps process more deeply.

Journal Writing Prompts



Writing a journal helps you recognize your own feelings over certain things or events - nothing is too mundane. Choose a writing prompt to respond to.

- Today, I am really missing...
- Today, I need...
- I am having a hard time with...
- The hardest time of day is...
- I have been feeling a lot of...
- I could use some more...
- I could use a little less...
- I am ready to feel...
- A simple activity or non-activity I could try today to make things easier is...
- If I were to ask for help, who might I ask and what would I ask for specifically?
- My support system includes...
- I find it helpful when...
- A comforting memory of my loved one is...
- My loved one had a way of making me feel...
- Whenever I start to feel overwhelmed by pain, regret, guilt, or despair, I want to remember ...

1 Corinthians 1:3-4

"Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles..."



RESOURCES

5 - SESSION GRIEF SUPPORT SMALL GROUPS @ NEW LIFE

Each group has up to 12 participants. Contact Peter at peter.rohdin@newlife.nyc or Helen at helen.kim@newlife.nyc to sign up for a group.

OTHER VIRTUAL "GRIEF SHARE SMALL GROUPS" ARE ALSO AVAILABLE

Visit www.griefshare.org/groups/search to find a group in your area. Two that are meeting close to New Life are at Evangel Christian Center and First Baptist Church of Flushing.

MEET WITH A CHRISTIAN THERAPIST

REACH OUT TO ANYONE ON THE PASTORAL TEAM

We are here to listen, talk and pray with you.

BOOKS

Hurting with God: Learning to Lament with the Psalms
Glenn Pemberton

A Grace Disguised: How the Soul Grows Through Loss
Jerry Sittser

Dark Clouds Deep Mercy: Discovering the Grace of Lament
Mark Vroegop