



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 \_\_\_\_\_

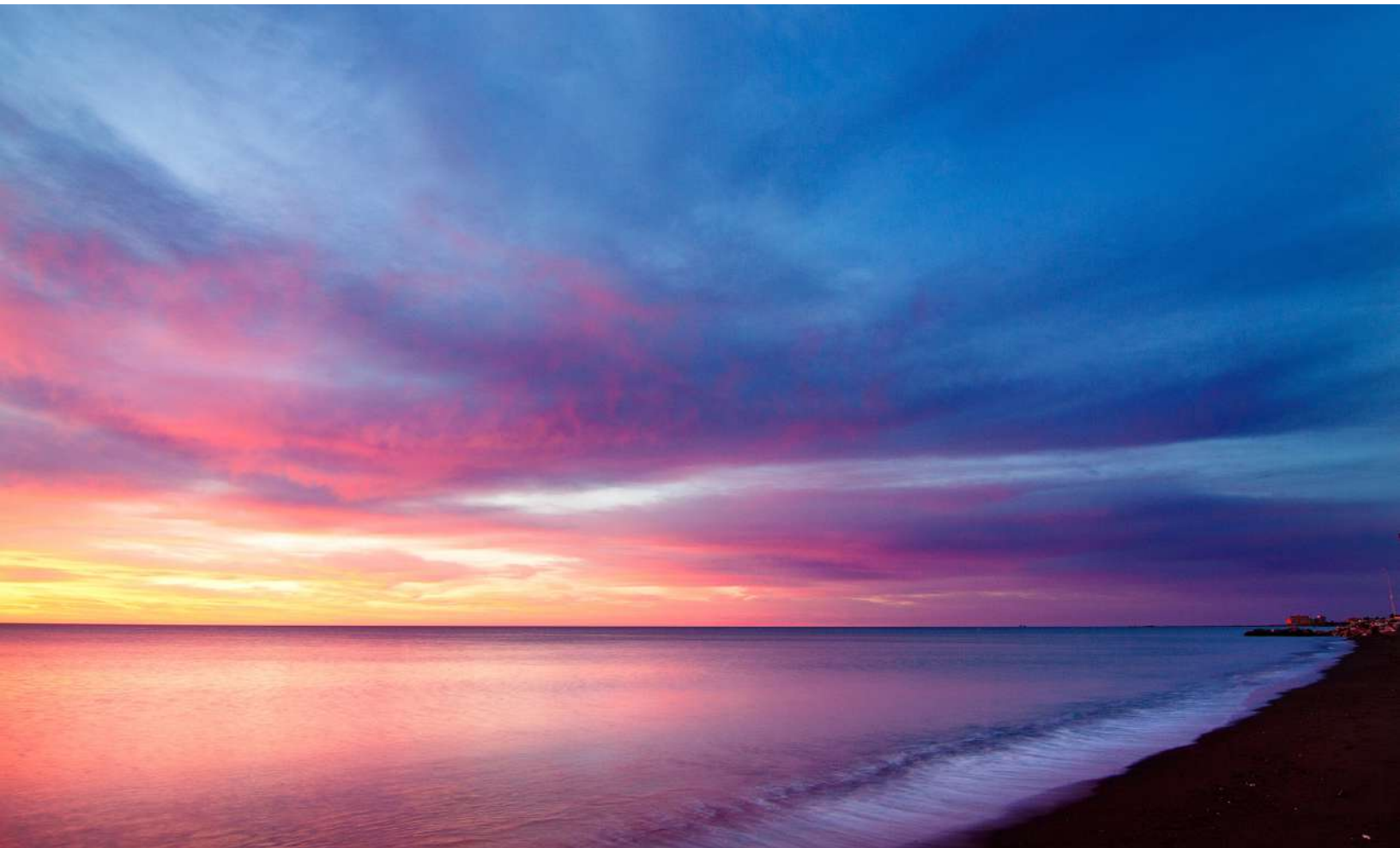
Take 3 minutes of silence or longer, holding this loss before God as you look at the picture.

**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)

M  
A  
R  
C  
H

A  
P  
R  
I  
L

# GRIEF CHART

MONTH

LOSSES &  
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# *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](mailto:peter.rohdin@newlife.nyc) or Helen at [helen.kim@newlife.nyc](mailto: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](http://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