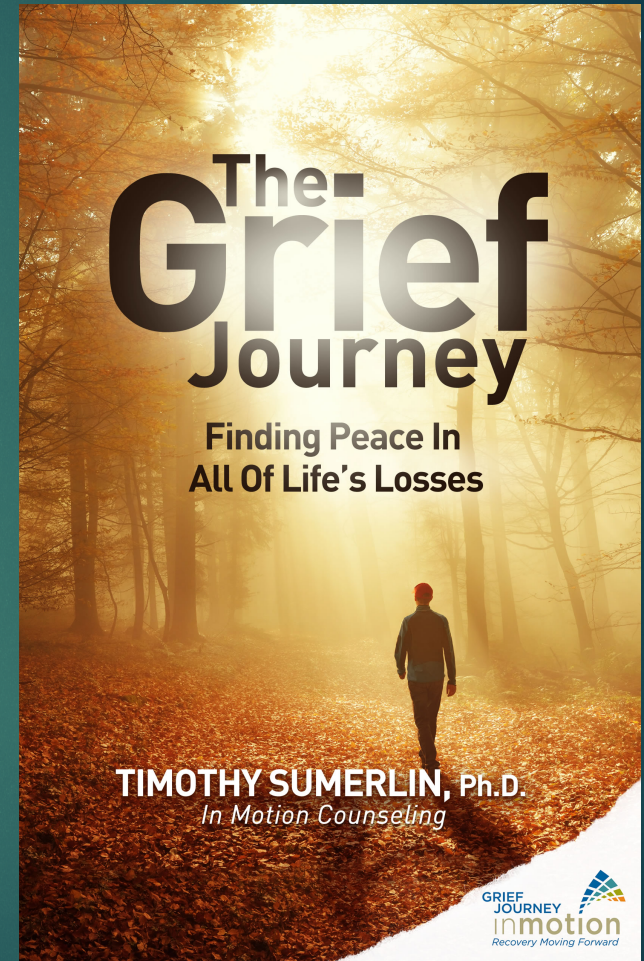


Welcome to *The Grief Journey*

Timothy Sumerlin, Ph.D.



www.inmotioncounseling.org

class notes
&
weekly
mental
health blog





Mom & Dad



WHY DO THIS?

*We deal with our
grief or our grief
deals with us,
with hidden costs*

**grief “disciples us”*



www.inmotioncounseling.org

Why Do This?

- Resolve grief issues
- Vulnerability
- Relationships
- Pioneers of compassion



In Pairs

Share one
loss in your
life and
how it
affected
you.



www.inmotioncounseling.org

Jesus Embraced Grief: Will You? - John 11

- Bargaining
- Authentically
leaned into
pain
- Served



God's Heart for the Grieving: Psalm 31



- God reveals himself
- He is aware
- God draws near

Personal Grief

- Mental
- Physical
- Emotional
- Spiritual
- Social

Unique
individuals



We Reach Out: Friends, Family, and Grief

Can we fix grief?

- *Say nothing*
- *You were lucky*
- *You should be over this by now*
- *Don't feel bad*



Like one who takes away a garment on a cold day, or like vinegar poured on a wound, is one who sings songs to a heavy heart. – Prov. 25:20

More Myths



- *I know how you feel ...*
- *Time heals wounds*
- *That reminds me...*
- *Theologian?*

...mourn with those who mourn – Romans 12:15

Four Friends (Mark 2)

- Relater
- Friend
- Listener
- Truth-Teller



www.inmotioncounseling.org

Help a Grieving Friend

- Timing
- Safe & confidential
- Listen & learn w/ faithful questions
- **Hold the moment**
- Love & act
- Hopeful heart



This One Hurts the Most: Examining a Relationship

- Honor relationship
- Important events
- Impacted by love
- Greatest loss?

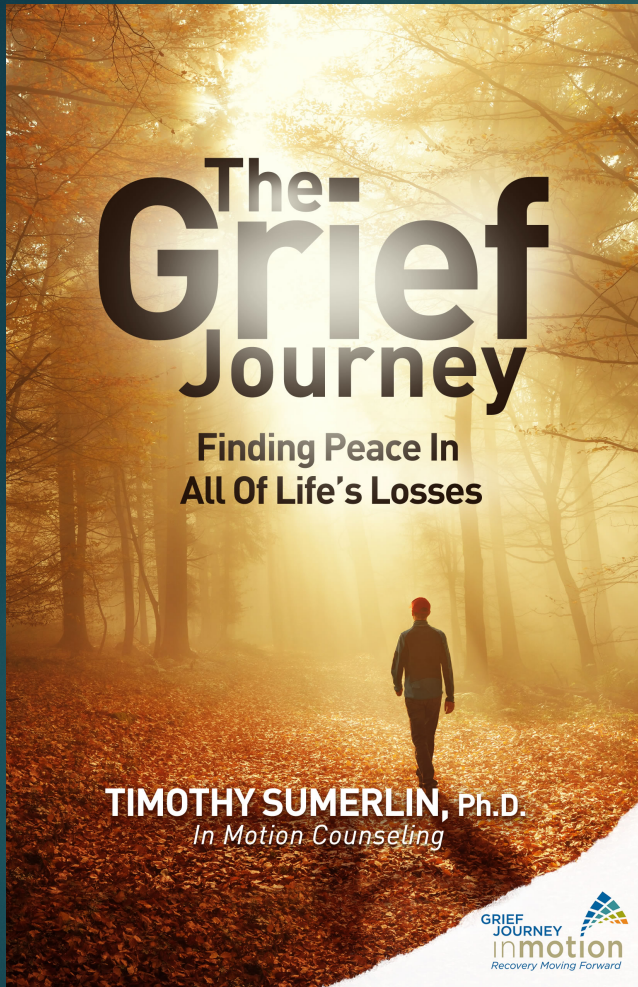


- [illegible]

Enduring Relationships: Finding Solace & Joy

- Memorial stones
- Decisions of the heart
- Living stones
- Memorials & ritual





PURCHASE BOOK

\$19

(includes shipping)

at:

www.inmotioncounseling.org