

RESOURCES ON GRIEF:



Grief is confusing and uncomfortable, but God desires to enter the grief with you and process what has happened in your life. He wants to bring you comfort and healing. Here are 9 resources that can help you process what you're experiencing and start to find healing during this tumultuous time.

Please note that most of the resources are for people who have experienced a significant death. But, everyone experiences grief differently, so these resources may still be useful even if your grief is for something else. We also want to make it known that not all of these resources are created by Christian organization. But each organization that we highlight recognizes the significance of religion in the world and in one's life, especially when it comes to grieving the loss of something or someone.

1. The Daily Grace provides a [great devotional](#) and [accompanying journal](#) that address the physical, emotional and spiritual impact that grief has on daily life.
2. Austin French's song "[Why God](#)" brings the emotion of grief to music.
3. Here's an [interactive journal](#) established by National Alliance for Children's Grief to help express your grief.
4. [The Dougy Center](#), located in Portland, Oregon, has a lot of useful tools and resources to help you process your grief.
5. Eluna Network created a series of worksheets that can help you process your grief. Here's our three favorite:
 - Life moves from moments that [pull you into grief](#) as well as those that pull you out.
 - Understand the [uniqueness of your grieving experience](#).
 - Many people who experience grief feel like they need to box in their emotions and feelings. This [download is helpful to learn that it's okay to express to others what's helpful](#) and not helpful as you mourn.
6. [Therapist Aid](#) provides tools for therapist to use in their sessions. These resources are made available for download.

7. *Grieving Teen*, by grief counselor Helen Fitzgerald, focuses on the unique challenges and struggles of teenagers facing death. She walks teens through all the experiences you'll feel and experience.

8. In this video, Toby Mac encourages people who are grieving to hold onto a true promise of God.

9. In his book *Walking with God through Pain and Suffering*, Tim Keller addresses why bad things happen and how we, as Christians, can respond.

Bonus: As a missionary, Jim Elliott went deep into the Ecuador jungle to minister to a tribe. They speared him to death. From that day on, his wife, Elisabeth, has been reminded of God's goodness in the midst of tragedy and grief. Her book, *Suffering Is Never For Nothing*, is a deep account of experiencing God's truth while walking through suffering.

These resources are NOT a replacement for seeking the comfort and support from a Christian community. God uses other people to comfort those He loves, and He wants to use your family, friends, church, community, team, etc. to bring you comfort and peace while you grieve your loss. However, often people don't know how to be the support you need. People say insensitive things because they don't know what to do or say in the midst of pain and suffering. The Lord hears your cries. Not everyone needs therapy when experiencing a loss, but therapy can actually provide significant healing in the process. So prayerfully consider asking your pastor, youth leader or a professional therapist to meet with you as you mourn your loss.

