

## Dealing with our Grief

*It can be anything from losing a loved one, to a friend moving away, a holiday being cancelled or a pet dying. We can all experience grief through different ways. So how do we deal with it?*

“You’re blessed when you’re at the end of your rope. With less of you there is more of God and his rule.

“You’re blessed when you feel you’ve lost what is most dear to you. Only then can you be embraced by the One most dear to you”

Matthew 5:3-4

We aren’t left to deal with grief on our own. God is our comfort, when we feel anger and grief take over, remember God suffered loss and pain too and can help us. He is our Shepherd, Father, Saviour and Comforter.



A good film that tackles the theme of grief and bereavement is Big Hero 6.



### How do we deal with grief?

Here are some of your thoughts from our session:

- Exercise, go for walks
- Go speak to someone
- Write things down in a journal
- Pray
- Help others who are going through the same thing.

One of the best ways to help our internal pain is through worship. Here are some albums to listen to.

[Hillsong Young and Free III](#)

[New Album from Rend Collective](#)



Another way is to help others. Here is a link to 40 Acts of Kindness; Traditionally done at Lent, but can do anytime! [40acts.org.uk](http://40acts.org.uk)

