



Ask to Come Home. Ask for Caldwell Hospice.



## The Limit of Our Sight

### *Grief Journey through the Body of Christ*

This three-hour program is designed to equip congregations with biblical, theological, emotional, and social tools for dealing with grief experienced by the church family. It can be presented in one three-hour block or as three one-hour sessions.

The first session, "A Bible Study on Grief," looks at how David mourned the deaths of Saul and Jonathan and how Jesus grieved the death of Lazarus. The session acknowledges the personal bond of love and the benefit of emotion and power of tears.

The second session, "Listening without Fixing," demonstrates active listening techniques to empower grieving people to explore their own feelings. The session concludes with practical suggestions for ways the faith community can help grieving people.

The third session, "Reflecting on Death and Eternity," considers the Midrashic teaching that the soul is on loan and needs to be returned to God. The session reminds participants that God is aware of their need, provides support through the Holy Spirit, and promises that grief will turn to joy.

**"I tell you the truth, you will weep and mourn... You will grieve, but your grief will turn to joy."**

John 16:20 NIV

## Common Reactions to Loss

- Crying at unexpected times
- Disbelief that the loss actually occurred, numbness
- Loneliness
- Guilt or anger over what happened or didn't happen in the relationship with the deceased
- Feeling abandoned by the loved one
- Feeling as if you are losing your mind
- Needing to talk about the deceased
- Restlessness and need for activity
- Difficulty concentrating, forgetfulness
- Lack of interest in activities
- Sensing the loved one's presence
- Changes in appetite, mood, or sleep patterns
- Fatigue or lack of energy
- Headaches, body aches, and pain
- Muscle weakness
- Spiritual emptiness
- Loss of meaning in life
- Difficulty returning to church
- Feeling abandoned or punished by God

## 7 Things a Grieving Person Needs to Know

1. You are lovable, even when you are a confused mess.
2. Crying is a gift.
3. Almost every thought, feeling, and behavior is normal.
4. You are not alone.
5. People are uncomfortable with grieving people.
6. No matter how bad you feel, you will survive.
7. It takes as long as it takes.

**“And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away.”**

Revelation 21:4 (KJV)

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