

HELPING CHILDREN DEAL WITH **GRIEF**



The Five Stages of Grief

- **DENIAL** *This can't be happening.*
- **ANGER** *Why is this happening to me?*
- **BARGAINING** *I would do anything to change this.*
- **DEPRESSION** *What's the point of going on?*
- **ACCEPTANCE** *It's going to be ok.*

Grief:

Keen mental suffering or distress over affliction or loss; sharp sorrow; painful regret

Dictionary.com

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| Is. 26:3 | Jn. 14:1 |
| Is. 41:10 | Jn. 14:18 |
| Is. 43:2 | Jn. 14:27 |
| Is. 46:9-10 | Jn. 16:33 |
| Is. 49:13 | Rom. 8:18 |
| Is. 53:4 | 2 Cor. 1:3-4 |
| Jer. 31:13 | 2 Th. 2:16-17 |
| Lm. 3:31-33 | Heb. 4:16 |
| Mt. 5:4 | 1 Pt. 5:6-7 |
| Mt. 11:28 | Rev. 21:4 |
| Lk. 6:21 | |

Scripture References

GRIEF...A HEALING PROCESS We live in a culture that avoids grief. Oftentimes this leads to wanting to shelter children from grief, but nothing could be less helpful to a grieving child. While not pleasant, grief is a necessary process for kids processing any kind of loss. Whether the grief be from the death of loved one, change in family structure, loss of a pet or loss of friends, children need to go through the hard work of grieving in order to move on with their lives. You can help by walking the child through the process of grief and not trying to push or pull them through. Grief takes time, but it takes longer to repair the damage from unprocessed grief.

What To Say/Do

- "I am so sorry for your loss."
- "It's ok to cry."
- "What do you miss most?"
- "I don't know what to say, but I'm here for you."
- "Let's go get ice cream."
- "I wish I had the right words, just know that I care."
- "You'll be in my thoughts and prayers."
- Say nothing, just be there.

What NOT To Say/Do

- "I know how you feel."
- "God has a reason for everything."
- "God never gives us more than we can handle. How are you doing?"
- "You have to be strong for ____."
- "Time heals all wounds."
- "Be positive."
- "It's time to put this behind you."
- "If you think this is bad, ____."
- "Let me tell you about my loss."