



**Losing someone special hurts us deeply.** We feel the disconnect and can find our emotions running in some crazy directions. But there is help available. God cares about every aspect of your life, including the losses you experience. And this is loss in all its forms: moving to a new house or job, death of a human or animal, even hopes or dreams that come crashing to the ground. God is there for you as a companion and friend, to help you navigate the tricky waters of grieving.

When we listen to Jesus' wisdom and are open to His Support, our experience of loss can be changed for the better. We still feel the pain but in a different way. Let's take a look at seven practical points from the Bible that can assist us in connecting with God's healing strength:

- 1. God loves you and supports you even at your worst moments** – God's love for you is unshakable. When you feel most alone, Jesus is holding you in his arms, sharing your pain, listening to your heartache. (Romans 8: 37-39).
- 2. Emotions are neither good or bad... they just "are"** – In John 11, Jesus experiences a range of emotions at the death of his friend, Lazarus. Rather than resisting your emotions, learn to move through them with greater clarity, especially the challenging ones. Exercise self-forgiveness and compassion. Ask the Holy Spirit of Truth (and comfort) to guide you. (John 16: 13).
- 3. Connect with friends** – Find people who are safe and supportive. They can help love you back into wholeness. Grief groups, pastors, therapists can also be resources for you. You don't have to go through this alone. Their encouragement may be just the power you need to get through the day. (John 15: 12-17).
- 4. Care for your physical needs** – You may experience loss of energy and focus. This is normal. Sleep and eating patterns may get disrupted. Again, normal. Be careful about overusing alcohol, drugs, or any substance to mask the pain you're experiencing. There are many twists and turns in the grief journey. However, if you find yourself getting stuck in one place, seek some help from a doctor or mental health professional. It's not just about you but there are others who need you healthy too. (Psalm 139: 1-16).

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**5. Connect with nature** – Take a walk. Sit by a stream. Go for a drive. Getting yourself out of your normal environment can open you to some new inspiration, even in the midst of your grieving. Maybe listening to music ushers you into a new "happy place". Maybe it's painting or gardening or shopping (but be careful. LOL). Visit those places that help you breathe deeply and find the rest Jesus has for you. (Matthew 11: 28-30)

**6. Try to learn some new things about yourself through this time** – Do more than just "survive" the experience of loss. You have the ability (with support) to grow as an individual. Practice being more aware to what is going on inside of you: the good, bad, and the ugly. Face your fears honestly. Learn to focus on the positive. Carve time out of your day to do this important emotional (spiritual) homework. This is a precious opportunity. (Romans 12:2)

**7. Help someone else** – There is something amazing that happens when you reach out to someone when you yourself have nothing left to give (or so you think). Volunteer at a soup kitchen, help out at an event at the school, pay for someone's meal at McDonald's, write a note of encouragement to a shut-in, or simply be a listener for someone else in pain. Now, be wise. Don't overdo it. Be sensitive to your own energy level and boundaries. But try it out and you may witness a miracle of healing... your own! (Matthew 25: 34-40).

Finally, if the LCC community can be a friendly, supportive hand, let us know. There are all sorts of resources out there, if you're willing to receive them. God loves you and so do we!



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