

Allow Yourself to Grieve

Topic : #602

Category: Life Situations



Brothers, we do not want you to be ignorant about those who fall asleep, or to grieve like the rest of men, who have no hope. We believe that Jesus died and rose again and so we believe that God will bring with Jesus those who have fallen asleep in him".

1 Thess. 4:13-14

Scripture includes countless other instances of expressing grief, through official times of mourning, psalms of lament, ritual practices, and even physical markers such as special clothing. We live in a culture that tries to avoid grief. We've given up on sackcloth and ashes. Yet the Bible offers us more than permission to grieve. It does so within the context of hope in a God who is faithful and who has overcome death. Greif is different than depression. Depression can result from a chemical imbalance or mood disorder, and sometimes has no explanation. Depression is often treated with medication. Greif can be explained by an event and is healed with time. To bypass grief via medicine is to bypass a core part of our humanity. This is not to say that your medications can't be raised or changed, but *not* to the extent that your pain is alleviated. It is necessary to grieve when you have experienced loss.

1. Morning and are the hardest. Have a routine so that you get going in the am and fall asleep at night.
2. Experience your emotions. Cry, laugh, be angry. All within 5 minutes, if necessary.
3. Tell people what you need. If you want visitors, say so. If you don't, say so.
4. Schedule extra visits with your counselor or therapist.
5. Make sure you SEE well (sleep, eat, exercise).
6. If you've lost someone, honor their memory in a special way. Celebrate their life.
7. Give yourself time.

Adapted from Out of the Canyon, by Art and Allison Daily (Harmony Publishing, May 2009)

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| | <u>Depression</u> | vs. | <u>Grief</u> |
|------------------|-------------------------------------|-----|------------------------------------|
| Cause | Chemical Imbalance Mood Disorder | | Loss or Separation Tragic Event |
| Treatment | Medication Therapy | | Time Therapy or Support Group |
| Goal | Avoidance | | Processing |

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