

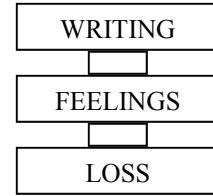
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WHERE WE ARE NOW?



PAST



FUTURE

As we close out this first issue of dealing with grief, (building a bridge over grief) continue to work on your feelings, emotions, and writing letters dealing with these emotions. Find someone who is a good listener. The main thing to remember is grief has to be dealt with on your time and your own way. As you see above, we are starting to build that bridge up. In the next newsletter we will start to build a bridge back to the past. May the Lord bless you and keep you.

CHECK OUT
www.jerrybeaver.net

Ecclesiastes 3:1-2 To every thing there is a season, and a time to every purpose under the heaven: A time to be born, and a time to die; a time to plant, and a time to pluck up that which is planted;

ISSUE ONE

YOUR CHURCH HERE



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YOUR CHURCH HERE



GRIEF NEWSLETTER

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Special points of interest:

- Grief must be thought through, worked through, and loved through with those who are your support group.
- When loss happens in our lives, it creates a cavern in our hearts.
- We must first stabilize ourselves, then build a bridge back to the person that we have lost, and then build a bridge to the future

INTRODUCTION

Let me first introduce myself. I am Pastor Jerry Beaver. I have been pastoring and counseling for seven years, and hold a bachelors degree in Theology and a Masters degree in Christian Counseling. I am also a member of the Association of Biblical Counselors. Like many people, I know what it is like to lose someone that you love and the grief that can eat away like a slow cancer. In these newsletters, I want to give you some insight in

some of the ways I help people in counseling deal and heal



through the grieving process.

One of the biggest points to remember when it comes to grief is that it is real and lasting. Grief must be thought through, worked through, and loved through with

those who are your support group. The key to success is what I call bridge building. When loss happens in our lives, it creates a cavern of hurt in our hearts.

We must first stabilize ourselves, then build a bridge back to the person that we have lost, and then a bridge to the future.

That is where this newsletter will come into play. Through a lot of different thoughts and Biblical insights we will find that healing can be found.

FIRST THINGS FIRST: BUILDING THE BRIDGE

When building a bridge over a loss, you need to start right where you are in the middle of the loss, like the picture above.

Your life is this pillar in the middle of an open abyss. For you to rebuild from your loss that you have experienced, and you must

be stable in yourself. Then you will be able to build back, and build toward the future. So we start by stabilizing yourself.

Psalms 23:1-6

A Psalm of David.

The LORD is my shepherd; I shall not want. He maketh me to lie down in green pastures: he leadeth me beside the still waters. He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me. Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over. Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD for ever.



BUILDING THE BRIDGE

First, you must understand that the loss will always be there, but it will not always be as painful as it is now.

Next, you need to get yourself stable, which is truly found in One greater than yourself, namely the Lord. He has created us and gave us life, and can provide for us.

We need to seek Him

for comfort and healing, and to have a personal relationship with Him. The Bible states in 2 Corinthians 1:3 "Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort"

DEATH?

God gives life and takes life. Though, sometimes we as humanity help God out, such as the case with

suicide, and bad health decisions, and at times, other people's decisions such as the case of murder, or accidental death. Also, God will take a person home because of suffering or because they have lived a full life. The crucial part of getting stable is realizing that God is in control, and that Jesus is looking to help you through your grief.

GRIEF IS

Author Edgar Jackson poignantly describes grief: Grief is a young widow trying to raise her three children, alone. Grief is the man so filled with shocked uncertainty and confusion that he strikes out at the nearest person. Grief is a mother walking daily to a nearby cemetery to stand quietly and alone a few minutes

before going about the tasks of the day. She knows that part of her is in the cemetery, just as part of her is in her daily work. Grief is the silent, knife-like terror and sadness that comes a hundred times a day, when you start to speak to someone who is no longer there. Grief is the emptiness that comes when you eat alone after eating with another for many years. Grief is

teaching yourself to go to bed without saying good night to the one who had died. Grief is the helpless wishing that things were different when you know they are not and never will be again. Grief is a whole cluster of adjustments, apprehensions, and uncertainties that strike life in its forward progress and make it difficult to redirect the energies of life.

WHAT DO WE DO NOW? (STABLIZATION)

LIST YOUR FEELINGS AND EMOTIONS

We need to realize that all the emotions and feelings that we are having are normal! Some of them may not be right, but they are real feelings. Feelings of regret, such as should of, could of, would of, or even the feeling of relief are natural. Underneath

these feelings are hurts and even memories. A good assignment for stabilization is to sit down and take a piece of paper and write down all the feelings that you are experiencing. Once you do this, then try to find the source of these feelings. If there are

some things that you did wrong, you may need to confess them to the Lord, or maybe to the loved one that you lost. This will help you find stability in yourself. Guilt will destroy you, and you should not have to live under it, especially when there is forgiveness with the Lord.

WRITE IT OUT

Another great way of finding stability in yourself is to deal with the emotions and sit down and write another letter to the one that you have lost.

But you may say what will that do?

This letter will help you process your feelings and express them, though the lost loved one may not read it, this will help you.

In this letter, confess your failures and regrets and tell them about why you made the decisions you did, and ask their forgiveness. Tell them how that you have



sought forgiveness from the Lord. Tell them what you did right toward them and what you appreciated about them. In this letter cross off some

of the feelings that were dealt with from the list of emotions.

You will find this letter hard to write and even painful. So if you have a friend or a counselor to help you, it may be helpful. You may have to start over a couple of times.

GRIEF IS LIKE A RIVER CINTHIA KELLY

My grief is like a river, I have to let it flow, but I myself determine just where the banks will go.

Some days the current takes me in waves of guilt and pain, but there are always quiet pools where I can rest again.

I crash on rocks of anger; my faith seems faint indeed, but there are other swimmers who know that what I need

Are loving hands to hold me when the waters are too swift, and someone kind to listen when I just seem to

drift.

Grief's river is a process of relinquishing the past. By swimming in hope's channels, I'll reach the shore at last.

WHAT'S THESE FEELINGS THAT ARE LEFT

SECOND LETTER

What do we need to do with the feelings that are left, that have not been dealt with in the prior letter? Define the feelings and add them to another letter to the one you lost, and tell them these emotions and why you think you're still feel-

ing these feelings. Tell the lost loved one that you are thankful for them, and write to them the things that you never had a chance to tell them, or that you could never express to them. You can keep these letters, or put

them in a journal, or even destroy them if you need to for privacy reasons. You can also do an e-mail to the lost loved one, and send it to yourself. Maybe it would help to mail them from a nearby town to your address.

John 14:1-4 Let not your heart be troubled: ye believe in God, believe also in me. In my Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you. And if I go and prepare a place for you, I will come again, and receive you unto myself; that where I am, there ye may be also. And whither I go ye know, and the way ye know.

THE EMOTIONS OF GRIEF ARE LIKENED UNTO A RUBBERBAND BALL OF FEELINGS AND EMOTIONS

