

Blindsided by Crisis

Stages of Grief

- Not one and done, may experience over and over or bounce from one to the other like a ping pong ball
- 1. Denial
- 2. Anger
- 3. Bargaining
- 4. Depression
- 5. Acceptance
- 6. Meaning/Purpose

Things to Remember

1. Go to God for your daily portion (Matt. 6:34)
2. Do what's right in front of you
3. Accept God's grace in the midst of your own choices (Rom. 8:28)

Thoughts from Beth

1. Look forward instead of inward
2. Find joy in ordinary things
3. Give up your idea of what you think life will be
4. Accept help (Be specific!)

Yahweh Prayer -- Richard Rohr (John 20:21-22)

If you think you might need counseling, you do! Get help!!

Possible Book Resources:

"It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand" by Megan Devine

"Hope in the Dark" by Craig Groeschel

"When God Doesn't Make Sense" by Dr. James Dobson