

H E L P M Y U N B E L I E F

. Jesus in the Gospel of John .



Grief Resource

Grief

DO	DON'T
Always listen for understanding. Do not listen to fix; you do not have that power.	Do NOT point out things the person could have done differently to avoid the situation. This is not helpful and complicates the trauma. THIS DOES HARM.
Use a calming tone of voice.	Do not act surprised.
Repeat and rephrase what the person has just said.	Do not focus on trying to fix. Be quick to hear and slow to speak.
Allow the person to tell the part of their story that they want to tell.	Do not probe where the person does not want to share more.
Have empathy for the person talking and understand that they are going through a difficult time.	Do not pity or feel sorry for them.
Be genuine and kind. Authenticity is a powerful tool when walking with grieving people.	Do not hijack the story to make it about you. Even if you have been through the same thing, the experience is different.
Use feeling words to describe what the person is experiencing (i.e., "You feel sad" or "That sounds upsetting").	Do not try to minimize intense feelings.
Use relaxation and deep breathing techniques if needed to calm the person.	Do not be afraid of crying or anger at the situation.
Sit with the person in love, empathy, and understanding.	Do not minimize or shame the person for how they are feeling (i.e., "At least...").
Though listening is the best course of action, scripture can be used where appropriate. Point the grieving person to the Psalms or other scriptures where the writer is dealing with grief.	Do not suggest that the person just needs to try harder to believe.
Refer the person to professional help if they need more support.	Do not try to fix the situation yourself. Grief can be very difficult to manage, and there are people trained to do this.

- Grief can be a difficult emotion to manage. As believers, we are called to bear one another's burdens. This often means sitting with someone with empathy and love, rather than try to fix or relate to the situation.
- Oftentimes, we respond to grief out of our own discomfort. This often results in us trying to fix things or shut down the person and their feelings. God does not guarantee an easy life for us as believers, and we have community to be with us as we go through things.
- PlazaBaptist.org/grief will provide you a helpful video resource.