



KTIS: August 15, 2022

Walking Through Grief

The Process: Two main stages:

- Mind: Come to terms/what happened [Not where I expected to be!] It hurts: P6: “my bones are troubled ... I drench my couch/ my weeping.” [T/ free = peace]
- Spirit: Visioning what comes next (“the new normal”) [Romans 8:28 IS true!]

Two Notes of Comfort:

- Both take energy: you will be tired and that’s OK (it won’t last forever)
- And “real world” will seem irrelevant, and that’s not a sign of depression

One Caution:

- In our pain, not seeing those who care (Psalm 10: “Why, Oh LORD, do you stand so far away? Why, do you hide yourself in times of trouble?”); my radio experience
- For me, keeping a journal (actual or mental) is super helpful
- So is letting people help (a list can be great)

Two Fears That Can Leave Us Feeling “Stuck”:

- Of sadness (feels small/vulnerable, “don’t cry”, acknowledge it is true = stage 1)
- Of being overwhelmed (won’t be forever, today or going forward)
 - All incidents will be short (God’s plan, to be present to right now)
 - We will experience God’s comforting presence (He = the eternal present)

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