

# GRIEF

"It feels like being mildly drunk, or concussed. There is a sort of invisible blanket between the world and me. I find it hard to take in what anyone says...Perhaps the bereaved ought to be isolated in special settlements like lepers."

C.S. Lewis

Live long enough and you will experience the stinging pain of losing a loved one to death. Cliches won't lessen the pain and sometimes even make it more unbearable. We experience so many emotions: anger, depression, guilt...often either withdraw and isolate from other relationships or throw ourselves into incessant activities designed to numb our pain and, if possible, cause us to forget. We know we have to "move on," but find ourselves too tired or lacking enthusiasm. We know our loved one is in heaven, but we miss them...and sometimes feel selfish because we do wish they were still with us.

There is no "normal" way to grieve. Stages of grief have been advanced (denial, resentment, bargaining, depression, and acceptance) but people sometimes get stuck and can't move forward. They want to move forward, adjusting to life without a loved one and desiring to make new relationships and form meaningful attachments to others, but it's hard work, painful at times, and sometimes they will need some help from a friend or grief counselor.

Here at the Bridge, we have learned that those in a season of grief need safe places, safe people, and safe situations. They want to be able to talk about their loved one and relive past memories. They need to know it's okay to express their sorrow and have the freedom to express "negative" emotions at times...all without incurring a tone of judgment or being told just to "move on." Empathetic listeners and caregivers know that grieving is a normal process, pray for peace and patience going forward, and, above all, ask Jesus to be their Faithful Shepherd during the time of separation and loss.

*Going through a season of grief? Please call or email us at [care@thebridgersm.com](mailto:care@thebridgersm.com) and we will be the willing listener, the helping hand, and the open heart that all of us need when a loved one is no longer a part of our lives.*

