

FOR PREVIEW ONLY

GRIEF TO
Growth
A PATHWAY TO
HOPE AND HEALING

NOT FOR DISTRIBUTION

Matt and Kari Perkins

FOUNDERS OF GRIEF TO GROWTH™

FOR PREVIEW ONLY

Grief to Growth

A Pathway to Hope and Healing

by Matt and Kari Perkins

For more information, visit griegtogrowth.org

Copyright ©2022 Grief to Growth™

All rights reserved. No part of this book may be used or reproduced in any manner whatsoever without prior written consent of the authors, except as provided by the United States of America copyright law.

ISBN: 9798842906369

NOT FOR DISTRIBUTION

FOR PREVIEW ONLY

NOT FOR DISTRIBUTION

TABLE OF CONTENTS

Introduction	1
Week 1: My Path.....	4
Week 2: The Problem	23
Week 3: Pain - Dealing with the Reality of Loss.....	39
Week 4: Paralysis - Processing Your Loss and Getting Unstuck.....	51
Week 5: Perspective	61
Week 6: Purpose - Dreaming for What is Next.....	70
Week 7: Pursuit - Finding Clarity in the Midst of Uncertainty.....	83
Week 8: My Growth - Life as a Mosaic	92

NOT FOR DISTRIBUTION

INTRODUCTION

The Grief to Growth Pathway



In our culture, we often try to avoid grief at all costs. We believe that if we can just push through the pain, we'll come out on the other side okay. But the truth is, grief is a natural human emotion that everyone experiences at some point in their life. And avoiding it only makes things worse. Over the several weeks, we will journey together and take the next step toward hope and healing. Whether your loss has been recent, or you've been struggling for years, we invite you to join us on this pathway of growth.

Each week, we will focus on different topics to help you process your loss, and move forward with purpose. Using The Grief to Growth Pathway, we will follow a framework that helps us understand the phases of loss and the journey toward healing. It involves 6 phases: The Problem, Pain, Paralysis, Perspective, Purpose, and Pursuit. Each phase offers different challenges and opportunities for growth. We will explore each phase in detail and discuss how to navigate them effectively.

We are excited for you and the growth that you will experience in the coming weeks! Please join us on this journey.

Matt Kauffman



Getting The Most From This Program

This program by **Grief to Growth™** includes eight weeks of content for group and personal growth. In each module, there are opportunities to learn, connect and experience growth. We must remember that the journey of grief and loss is exactly that...a journey. The healing process isn't a race or sprint. It is simply an act of taking the next step...

To get the most from this program, be sure to take advantage of all the resources available to you. Attend the weekly group meetings, view the teaching content (online or in-person), participate in the discussions, and complete the exercises in this workbook. If you have any questions, please don't hesitate to ask one of the facilitators.

Most importantly, give yourself permission to grieve. Allow yourself to feel the pain, anger, and sadness that come with loss. The more you allow yourself to feel, the better opportunity for you to experience healing. There is no right or wrong way to grieve, so trust the process.

Take your time and be patient with yourself. This journey will take as long as it needs to, but if you are open to putting in the "heart-work", we believe that you will experience a greater sense of peace, healing, and ultimately...growth. Thank you for giving us the opportunity to journey with you.

NOT FOR DISTRIBUTION



Group Sessions

The following format will be used for the weekly sessions, regardless of when your group meets, to help foster meaningful interaction among the participants as well as practical and helpful teaching material from Matt and Kari Perkins, the creators of Grief to Growth™. There is also time for personal reflection based on the lessons and questions in the workbook.

CHECK-IN: The group will begin each session by sharing and celebrating the weekly growth of participants. It is vital to celebrate the events of the week that made you smile and laugh, as well as the accomplishments you have made, even if you are grieving. We tend to believe that something huge has to happen for us to celebrate it. Some people will have a breakthrough in their path during this weekly session; others may discover that simply making it to the group was their biggest achievement yet. Allow this space to be a safe environment where we can all rejoice in one another's progress.



LEARN: Follow along with your workbook during each of the sessions. During the teaching from Matt and Kari Perkins, you will find spaces for notes and fill-ins.



CONNECT: Each session includes time for reflection and small group discussion. While there is no pressure for you to share your journey, participants find encouragement and support hearing from others who have been impacted by loss. You Are Not Alone!

If you are going through this program in a group, please be mindful of the time given for discussion and limit your time so each person has an opportunity to share if they choose.



GROW: We encourage you to use this workbook throughout the week. By meditating on the different lessons and phases of your journey, you will find greater clarity and peace. Each week, you will find an opportunity to journal your thoughts and feelings related to that week's content. We believe the more you process through writing, the better chance you have for growth.



WEEK 1: MY PATH

When Loss Hits Home

FOR PREVIEW ONLY

In most people's opinions, we were living the dream...a fairy tale life. We met as teenagers and married at the age of 19. While we had challenges like everyone else, we found our life fulfilling. We had devoted our lives to serving in full-time ministry. It wasn't just a vocation, but something that our entire family was immersed in. We would have all of the typical craziness of life during the week... juggling games, music rehearsals, church events, and more. But that all changed in 2015... While our lives have been seemingly parallel, we were worlds apart.

Matt's Story

At the age of 14, I experienced the first significant change in my life when my dad passed away. I can remember almost every detail of that morning — the elevator ride up to the Intensive Care Unit, as well as the look and sound of my mom coming out of the room after getting the news from the doctor.

“He's gone,” she said.

Our church's pastor pulled me into a corridor near the elevator and looked me in the eyes. Tears were flowing from both of our eyes when he said, “you need to decide right now how you will respond to this moment. Will you allow this to make you bitter? Or is this something that will shape you into who God wants you to be?”



The summer after my dad's passing, I went to a church youth camp with students from across the state of Illinois. It was at that very camp where I felt a calling to devote my life to serving in ministry. I also met a girl from a nearby town close to where I lived. Her name was Marybeth. We dated throughout high school and then married at 19 years old while attending Bible College. Our life took many twists and turns throughout the years. While enjoying many successes, we also endured our share of losses as well. We served on the pastoral staff of churches in Illinois, Colorado, Wisconsin, and Florida.

In 2014, I accepted the role of worship pastor at Peoples Church in Fresno, California. Along with our two teenage daughters, Marybeth and I moved from Orlando to Fresno. A few months after the move, Marybeth noticed some changes in her health and went to the doctor. On December 23, 2014, Marybeth was diagnosed with triple-negative breast cancer. Despite clinging to our faith, and aggressive treatment over the next number of months, Marybeth passed away on July 29, 2015, less than one year after moving to California.

Right after her passing, my mind went right back to that conversation with my pastor as a 14-year-old. "You need to decide right now how you will respond to this moment." Standing with my daughters in the family room of our home, all I knew to do is pray over them that they wouldn't allow this moment to make them bitter at God or life.

When significant events happen in our life, we can go back to them and see a shift or change that affects the path that we follow. I like to think of them in terms of "mile markers." While we all face changes in life that we choose, there are significant changes that happen to us, and around us, that we have no control over...we simply choose how we will respond.

"They have no fear of bad news; they confidently trust the Lord to care for them."

Psalm 112:7



Kari's Story

Eddie and I met when we were 16 years old and then married at 19, and raised five boys. From early on, Eddie had a heart for ministry. That passion led to attending Seminary while working several jobs to support our family. He then served as a children's pastor in Fresno, California for nearly 15 years. We both viewed ministry as a family affair, and our boys were always involved in our joint call to ministry. On November 22, 2015, Eddie was going to be speaking with our Lead Pastor in the main service to share the vision for a new building to support the growth of the Kid's ministry. As was his custom, Eddie got up early and went in to finish preparing for a long day of speaking.

Eddie wasn't feeling well the day before so I text him and asked if I could bring him anything. He reassured me that he was fine and I didn't need to worry. The next call I received was from his best friend as we were getting ready to leave the house. He was trying to remain calm while asking if I was close to arriving at the church. He said that Eddie had passed out and they called an ambulance. My first thought was, "man, he is going to be upset about this because he hates for anyone to make a fuss over him or bring unneeded attention."

As I pulled into the church parking lot, I knew this was a very serious situation. What I didn't know was that when Eddie finished speaking in the first service, he walked off the stage and collapsed. I had worked for several years at a local hospital, so when I saw the EMTs standing over him, I knew something terrible was happening. We followed the ambulance to the hospital and waited in that cold, sterile room with our boys, along with other family and friends. You could have heard a pin drop as we waited. It felt as though time had stopped. How could this be happening? And then the doctor came in and uttered those sickening words...."I'm sorry. There's nothing we can do...He's gone." At that moment, I had every kind of thought and emotion going through my head at that time. I looked at my five boys, who were ages 6-19, and said, "there are going to be days that I



will not know how to handle this, or even what that day will look like...but I want you to know that we are gonna be okay. God will take care of us.”

When we got home from the hospital, I was standing in my house trying to process that he was not coming home. Someone brought his iPad that he used that morning over to the house and set it on the dresser. I saw it and picked it up. His Bible app was open and 1 Peter 5:10 was highlighted.

FOR PREVIEW ONLY

“And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm, and steadfast.” 1 Peter 5:10

God used this scripture at that very moment to speak to me and reassure me. I’m going to grieve and that is okay. But despite my circumstances, I was going to stand up, take the next step, and keep going. I felt confident that God would restore me and give me strength for the days ahead.

I want to encourage you to embrace this process. Even when all you can see is loss, God hasn’t left you...He still has a plan for your life. You just have to take the next step!

NOT FOR DISTRIBUTION



Our Story

The following year after we both lost our spouses, we were introduced to one another through our counselor. Not many people can say that they met their spouse in therapy! We initially started talking because of the craziness, and similarities of our stories. A friendship began, and over time, we found love in relating to our healing. In August of 2017, we were married with our combined seven kids at our side. Having both Marybeth and Eddie's family share in this day was a true honor and testimony to God's faithfulness.

Did we "get over our grief?" Absolutely not! We learned how to move forward "with it." Whatever struggle you may be facing today, please know that you are not alone...and that God is still writing your story!

| Notes:

NOT FOR DISTRIBUTION



What is Loss?

This is a question that doesn't have a simple answer. Loss can come in many different forms, and it can affect us in different ways. When we think of grief and loss, we typically think of someone close to us that has died. This is certainly one form of loss, but it's by no means the only one.

FOR PREVIEW ONLY

In 2019, Over 57% of Americans indicated that they had experienced the loss of someone or something significant in their lives in the past three years.

While this survey may be shocking, it is important to think about what has happened in our society since 2019. We have walked through a global pandemic marked by separation and isolation. We have faced economic hardship and job loss. We have grieved the loss of normalcy. All of these things can lead to feelings of grief and loss.

So, what is loss? Loss is any significant change or ending that we experience in our lives. It can be the death of a loved one, but it can also be the end of a relationship, the loss of a job, or even the loss of our health. Whatever form it takes, loss can be difficult to deal with.

Grief and loss are _____, growth is _____.

We are 100% certain to encounter loss. The question remains as to whether you will choose to grow through the process. It is up to you!

Feelings of loss are very personal. There are many well-intentioned people that will try and tell you whether or not your loss is valid or "enough" to warrant grief. The reality is that your grief is valid, no matter what the circumstances are.

_____ are the one who chooses how significant that loss is.



Examples of loss:

- Close friend
- Partner/Spouse
- Co-worker
- Illness of a loved one
- Ending of a relationship
- Death of family member

Less Obvious examples of loss:

- You or a family member leaving home
- Death of a pet
- Loss of a job or career
- Move to a new home
- A new phase of life
- Loss of physical ability
- Financial Insecurity

-
-

NOT FOR DISTRIBUTION



If there is a loss that you have encountered that isn't listed above, you can write your loss(es) in the space provided.

Each type of loss can have a different effect on us. Some may be more difficult to process than others.

FOR PREVIEW ONLY

NOT FOR DISTRIBUTION



Reflection 1

1. In looking at the list of losses covered, which one(s) are you currently experiencing? Is there a different loss you have experienced not listed?
-

FOR PREVIEW ONLY

2. How recent was that loss?

- Less than a year
- More than a year
- 3-5 years
- 5-10 years
- Greater than 10 years

3. Is there something in particular that you are hoping to gain through this class?

- Greater peace
 - Understanding your loss
 - Connect with others who understand my situation
 - Get “unstuck”
 - Learn how to grow through my loss
-

NOT FOR DISTRIBUTION

This Week: On the following page, write about your journey of loss and areas of your life that you are hoping to experience growth over the next 8 weeks.



My loss

FOR PREVIEW ONLY

NOT FOR DISTRIBUTION



6 Dimensions of Grief: The Impact of Loss

When we are impacted by the loss of someone or something significant, we can be left feeling overwhelmed and lost. Grief is the natural response to loss, and it can manifest itself in many different ways. We will explore the six dimensions of grief: emotional, physical, cognitive, behavioral, social, and spiritual. Each dimension can have a profound impact on our lives. By understanding how grief is impacting us, we can begin to process our loss and start to heal.

1. _____

- Anger
- Guilt
- Anxiety
- Loneliness
- Shock
- Relief

The emotional dimension of grief can be incredibly overwhelming. We may feel a range of intense emotions, including sadness, anger, guilt, and anxiety. These emotions can come and go, and they may be difficult to control. We may also find ourselves crying more often than usual or feeling numb and disconnected from the world around us. The emotional impact of grief can be exhausting, but it is a normal part of the grieving process.



2. _____

- Lack of sleep
- Appetite
- Fatigue
- Crying
- Weight loss/gain

FOR PREVIEW ONLY

The physical dimension of grief can be just as draining as the emotional impact. We may find ourselves struggling to sleep, or we may have changes in our appetite. We may feel fatigued or have body aches and pains. We may also cry more often than usual. These physical symptoms can be difficult to manage, but they are a normal part of the grieving process.

3. _____

- Confusion
- Concentration
- “Grief brain” (foggy)
- Loss of interest/hobbies
- Vivid dreams
- Preoccupation with the past
- Disbelief

NOT FOR DISTRIBUTION



The cognitive dimension of grief can be very confusing and overwhelming. We may find it difficult to concentrate or remember things. We may feel like we are in a “fog” and have trouble making decisions. We may lose interest in activities that we used to enjoy. We may also have vivid dreams or nightmares about the person or thing we lost. We may find ourselves constantly thinking about the past and feeling disbelief that our loss has happened.

FOR PREVIEW ONLY

4. _____

- Not leaving home
- Avoidance (people, places, or things)
- Attachments to items
- Withdrawal from others
- Recklessness
- Numbness

The behavioral dimension of grief can manifest in many different ways. We may find ourselves not wanting to leave the house or we may start avoiding people, places, and things that remind us of our loss. We may become attached to items that belonged to the person or thing we lost. Other patterns of behavioral change may include withdrawal from our friends and family and isolating ourselves.

Grief can sometimes lead people to act in ways that are out of character for them or that may be harmful to themselves or others. If you find yourself behaving in ways that are concerning, reach out to a trusted friend or family member for support.

NOT FOR DISTRIBUTION



5. _____

- Loneliness
- Anxiety
- Isolation
- Changes in relationships

FOR PREVIEW ONLY

The social dimension of grief can be very isolating. We may find ourselves withdrawing from our friends and family. We may also feel anxious or lonely. We may also notice changes in our relationships, such as feeling more distant from our loved ones. These changes can be difficult to manage, but they are a normal part of the grieving process. You may find that the social and behavioral dimensions can be closely related and even intersect when impacted by the loss.

NOT FOR DISTRIBUTION



6. _____

- Questions about meaning/purpose
- Doubt/lack of faith
- Feelings of abandonment
- Increase of faith and reliance on God

FOR PREVIEW ONLY

The spiritual dimension of grief can be very confusing and overwhelming. We may find ourselves questioning our beliefs and wondering what the point of life is. We may feel like we have lost our faith or that God has abandoned us. These feelings are normal and a part of the grieving process. For some people, the spiritual dimension can be a source of strength and comfort.

Wherever you may find yourself in your faith journey at this moment, we would encourage you to simply invite God into this process. He has not, and will not abandon you.



Prayer: God, I feel as though everything around me is shaking. Please give me strength for the days I'm weak, hope for the days I feel lost, and joy for the days I am immersed in sadness. I need you God and trust that you will guide me on this path.

NOT FOR DISTRIBUTION



Reflection 2

1. Of the six dimensions of grief covered, which have you experienced the most frequently (it can be more than one)?

FOR PREVIEW ONLY

2. How do/did you react when experiencing them (positive or negative)?

3. What did you find the most helpful during this session?

“Yea, though I walk through the valley of the shadow of death, I will fear no evil; For You are with me; Your rod and Your staff, they comfort me.” Psalm 23:4





MY DAILY GRATITUDE

DAY 1

___/___/___

I Am Thankful For:

FOR PREVIEW ONLY

- _____
- _____
- _____

DAY 2

___/___/___

I Am Thankful For:

- _____
- _____
- _____

DAY 3

___/___/___

I Am Thankful For:

- _____
- _____
- _____

NOT FOR DISTRIBUTION



DAY 4

___ / ___ / ___

I Am Thankful For:

- _____
- _____
- _____

FOR PREVIEW ONLY

DAY 5

___ / ___ / ___

I Am Thankful For:

- _____
- _____
- _____

DAY 6

___ / ___ / ___

I Am Thankful For:

- _____
- _____
- _____

DAY 7

___ / ___ / ___

I Am Thankful For:

- _____
- _____
- _____

NOT FOR DISTRIBUTION





MY WEEKLY GROWTH

WHAT I ACCOMPLISHED:

FOR PREVIEW ONLY

WHAT MADE ME SMILE:

WHAT I HAVE LEARNED:

MY INTENTIONS FOR NEXT WEEK:

NOT FOR DISTRIBUTION



WEEK 2: THE PROBLEM

Welcome to Week 2 of the Grief to Growth Pathway! Last week we introduced you to the framework of the program and covered examples of loss along with the dimensions of grief. This week, we will cover the first phase of the Grief to Growth Pathway...The Problem. We will identify the 10 types of grief and also cover the stages of grief.

Phase: a distinct period or stage in a series of events or a process of change or development.

The first phase, **The Problem**, is when we are faced with a loss. This can be a death, a divorce, a job loss, or any other type of loss. We may feel shock and denial during this phase. We can't seem to make sense of what has happened, and everything feels like it is unraveling. It is important to allow yourself to feel these emotions and to process them in a healthy way.

It is common for us to make assumptions about grief and loss. Two assumptions that we make are that:

- _____ grieves like us
- _____ grieves like us

NOT FOR DISTRIBUTION

Both of these assumptions are myths. Grief is a very personal experience, and we all grieve differently.



10 Types of Grief

1. _____

The grieving can start long before the loved one dies. Can often start at the time of a diagnosis or when health begins to deteriorate. Guilt can accompany this type of grief because the person that you are caring for is still alive.

Example: A woman is diagnosed with cancer and given a prognosis of six months to live. She begins to grieve the loss of her life, even though she is still alive.

Symptoms: sadness, anxiety, fear, guilt, anger

2. _____

When reactions and emotions in response to a loss are postponed until a later time. This can happen when the person is in shock or denial.

Example: A woman's husband dies suddenly in a car accident. She is in shock and does not cry or show any emotion for weeks. Once she starts to process the loss, her emotions come out all at once.

Symptoms: numbness, disbelief, anger

3. _____

Complicated grief refers to normal grief that becomes severe in longevity and significantly impairs the ability to function. This can be caused by unresolved trauma, a complicated relationship with the deceased, or overwhelming life circumstances.

If you feel that you are experiencing complicated grief, please seek the professional care of a licensed counselor or psychiatrist.



4. _____

This can be felt when someone experiences a loss but others do not acknowledge the importance of the loss in the person's life.

- Loss of a pet
- Ex-spouse
- As a caregiver - when there is a decline in health (dementia) or a change in the caregiving role
- Childless adults
- Loss of a job
- Miscarriage

“The worst loss is the one that you are experiencing at this time.”
Experiencing Grief ©2004 by H. Norman Wright

5. _____

This type of grief can occur when there are multiple losses experienced, often within a short period of time.

- The death of a spouse and then the death of a child
- Losing a job, home, and pet
- A natural disaster that destroys everything
- The experience of cumulative grief can be so overwhelming that it can lead to complicated grief.



6. _____

This type of grief is when someone doesn't outwardly show any typical signs of grief. Often this is done consciously to keep grief private. It can also be the result of cultural or religious beliefs.

7. _____

Secondary loss is felt after the primary loss and can affect multiple areas of an individual's life. Secondary loss is the emotional response to subsequent losses caused by the initial loss.

These can include:

- Loss of self-esteem
- Changes in relationships
- Loss of role or identity
- Financial instability
- Geographic relocation

Secondary losses can sometimes be more difficult to cope with than the primary loss. This is because they are often unexpected and can leave you feeling overwhelmed and alone.

8. _____

Abbreviated grief is a short-lived response to a loss. This could occur due to someone or something immediately filling the void, or the experience of anticipatory grief. Abbreviated grief is not necessarily a bad thing, as it can help someone to move forward from a loss more quickly. However, if the grief is not allowed to be expressed, it can lead to complicated grief.



9. _____

Collective grief is felt by a group. This could be experienced by a community, city, or country. An example of this would be the grief felt after a terrorist attack or natural disaster.

Other examples can include:

- The death of a public figure
- A national tragedy
- Global pandemic
- The anniversary of a traumatic event.

Collective grief can often lead to a sense of shared purpose and unity. It can also be a way for people to connect with others who have experienced a similar loss.

10. _____

Grief happens in different ways and is a result of different circumstances.

What you are experiencing is a normal part of the grief and loss process. Grief is a natural response to loss. It is the process of mourning and can be experienced after any type of loss. Grief is a deeply personal experience and everyone grieves in their own way. There is no right or wrong way to grieve and there is no timeline for grief.

If you are finding that your grief is impacting your ability to function in day-to-day life, we encourage you to seek the help of a counselor or therapist.



Reflection 1

1. At the start of the session, we listed assumptions about grief and loss. We can assume that everyone grieves like us, or that no one grieves like us. What typically happens when we make those assumptions?

FOR PREVIEW ONLY

2. Of the ten types of grief covered, which one(s) have you experienced?

3. Have you felt that you have held yourself to unreasonable expectations?

4. Do you feel as though others have expressed feelings on “how you should grieve”?

NOT FOR DISTRIBUTION

If so, how did that make you feel?



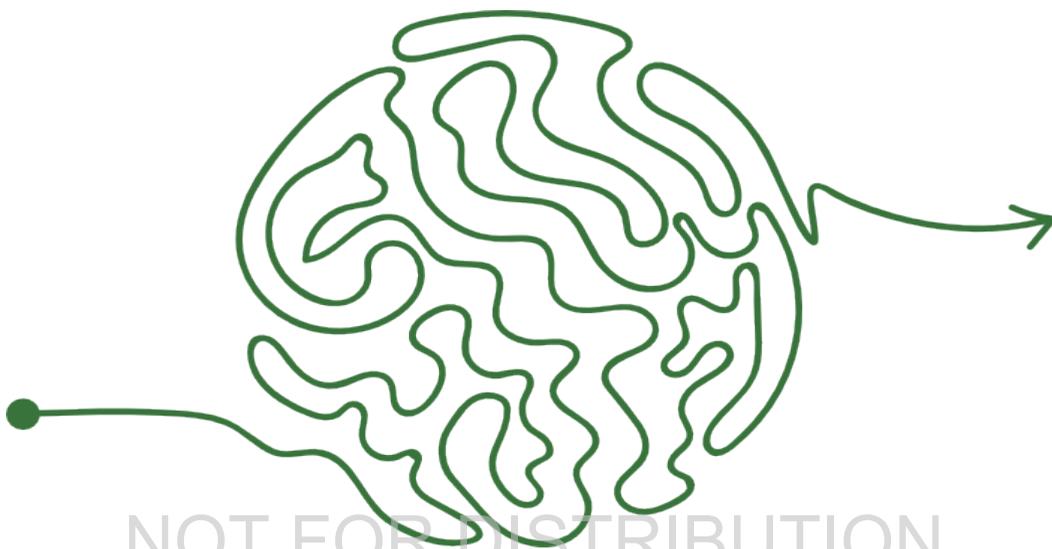
Stages of Grief

The Stages of Grief and How They Apply To You

What do you do when you lose something or someone? Do you feel sad, angry, scared, or confused? Chances are, you go through a range of different emotions as you come to terms with your loss. The process of grieving is not easy, but it is necessary for healing. In this section, we will explore the stages of grief and how they apply to you.

The stages of grief are numerous, with some claiming there are five, six, nine, or even ten. While people may differ on some particulars, we do recognize similarities in the process that each of us undergoes when dealing with loss.

We must recognize that the stages of grief are not a _____
_____.



We do not go through the stages one by one until we reach the “end.” Instead, the stages of grief are more like a CIRCLE. We move in and out of them as we process our emotions. Grief is a very personal process and everyone deals with it differently.



Five Stages of Grief

First, we will look at the most popular model used when dealing with grief. The Five Stages of Grief, created by Elisabeth Kubler-Ross.

1. _____

- Avoidance
- Confusion
- Elation
- Shock
- Fear

In this stage, we try to protect ourselves from the pain of loss by denying that it has happened. We might say things like, “This can’t be happening to me” or “It’s not real.” We may also try to avoid anything that reminds us of our loved one or the situation. This is a defense mechanism that gives us time to process the information and begin to accept the reality of our loss.

2. _____

- Frustration
- Anxiety
- Irritation

In this stage, we may lash out at those around us or blame others for our loss. We might say things like, “It’s not fair” or “Why did this happen to me?” We may also feel angry at ourselves for not being able to do anything to prevent the loss. This is a normal part of the grieving process and it is important to express our anger in a healthy way.



3. _____

- Regret
- Desperation
- Guilt
- Struggling to find meaning
- Reaching out to others
- Making deals with God

In this stage, we try to make deals with God in an attempt to change the outcome. We might say things like, “If only I had done X, then this wouldn’t have happened.” We may also look for someone to blame for our loss. This is a way of trying to regain a sense of control. We may also try to find meaning in our loss.

4. _____

- Sadness
- Overwhelmed
- Withdrawal
- Lack of motivation
- Hopelessness
- Hostility

In this stage, we may feel sad and hopeless. We may withdraw from our friends and family. We may lose interest in activities that we used to enjoy. While this is a normal part of the grieving process, it is important to seek help if you are struggling.



5. _____

- Exploring new options
- New paths and plans in place
- Moving Forward

FOR PREVIEW ONLY

In this stage, we come to terms with our loss. We may explore new options and make plans for the future. We may also find a new sense of purpose. While this is the last stage of the grieving process (according to this model), it is important to remember that our loved ones will always be a part of our lives.

While the stages of grief are a helpful way to understand the grieving process, it is important to remember that everyone deals with loss differently. There is no wrong way to grieve. Just as there is no timeline for grief, there is no right or wrong way to do it. Grief is a personal and unique experience.

NOT FOR DISTRIBUTION



Six Stages of Grief

The next model for grief that we will look at is a process from Pastor Rick and Kay Warren (www.pastorrick.com). Pastor Rick is the founder of Saddleback Church. He and his wife lost their son following a battle with mental illness and they have used this process to look at grief from a different perspective.

FOR PREVIEW ONLY

1. _____

- How did this happen?
- Is this real?

2. _____

- A profound sadness comes into our life

3. _____

- This is where many of our “why” questions begin

4. _____

- This is not giving up; it is a resolve that we may never know the answers to our questions.

NOT FOR DISTRIBUTION

5. _____

- **This is when the change that has happened _____
_____, begins to take place _____ .**



6. _____

- The growth that happens in our lives begins to allow us to help others.

Even when you are helping and coming alongside others, it doesn't mean that your _____ is over.

FOR PREVIEW ONLY

We don't move on _____...

We move forward _____!

We just have to TAKE _____!

“He heals the brokenhearted and bandages their wounds.” Psalm 147:3



Prayer: Lord, I pray that you will help me to continue taking the next step throughout this journey of loss. When I get impatient or anxious, remind me that this is my individual journey and that you will be with me through it all.

NOT FOR DISTRIBUTION



Reflection 2

1. In the Kubler-Ross model (5 Stages of Grief), have you found yourself “getting stuck” in one particular stage?

Denial | Anger | Bargaining | Depression | Acceptance

FOR PREVIEW ONLY

2. When you hear the term “acceptance”, what does that mean to you?

3. What did you find most helpful about the 6 Stages of Grief model from Pastor Rick and Kay Warren?

Shock | Sorrow | Struggle | Surrender | Sanctification | Service

4. What “next step” will you take this week to move toward growth?

“The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness.” Lamentations 3:22-23





MY DAILY GRATITUDE

DAY 1

___/___/___

I Am Thankful For:

FOR PREVIEW ONLY

- _____
- _____
- _____

DAY 2

___/___/___

I Am Thankful For:

- _____
- _____
- _____

DAY 3

___/___/___

I Am Thankful For:

- _____
- _____
- _____

NOT FOR DISTRIBUTION



DAY 4

___ / ___ / ___

I Am Thankful For:

- _____
- _____
- _____

FOR PREVIEW ONLY

DAY 5

___ / ___ / ___

I Am Thankful For:

- _____
- _____
- _____

DAY 6

___ / ___ / ___

I Am Thankful For:

- _____
- _____
- _____

DAY 7

___ / ___ / ___

I Am Thankful For:

- _____
- _____
- _____

NOT FOR DISTRIBUTION





MY WEEKLY GROWTH

WHAT I ACCOMPLISHED:

FOR PREVIEW ONLY

WHAT MADE ME SMILE:

WHAT I HAVE LEARNED:

MY INTENTIONS FOR NEXT WEEK:

NOT FOR DISTRIBUTION



WEEK 3: PAIN - DEALING WITH THE REALITY OF LOSS

FOR PREVIEW ONLY

This week, we address the second phase in The Grief to Growth Pathway. This phase is called **PAIN**, and it is when the reality of the loss sets in. We may feel sadness, anger, guilt, and other negative emotions. We may even feel like we are going crazy, and that nobody understands what we are going through.

Emotions

| *“No one ever told me that grief felt so like fear.” C.S. Lewis*

“No one ever told me that grief felt so like fear. I am not afraid, but the sensation is like being afraid. The same fluttering in the stomach, the same restlessness, the yawning. I keep on swallowing. At other times 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. Or perhaps, hard to want to take it in. It is so uninteresting. Yet I want the others to be about me. I dread the moments when the house is empty. If only they would talk to one another and not to me.”
C.S. Lewis, *A Grief Observed*



“It’s okay to be mad at God. He can take it because He’s pretty tough. It’s when we soak in our sorrow, wallow in self-pity, and remain in bitterness that we actually shut God out, making the problem far worse than it already is.” - Breanna Hardy

FOR PREVIEW ONLY

Emotions in the Psalms

Anger 74:11

Anxiety 13:2

Confidence 27:3

Contentment 62:5-8

Depression 102:1-11

Disappointment 88:1-8

Distress 42:5

Fear 55:4-8

Gratitude 136:1-3

Grief 6:7

Hope 33:22

Hurt 69:29

Joy 4:7

Loneliness 25:18

Love 18:1

Peace 4:8

Sadness 30:5

Sorrow 31:10

Worry 55:22

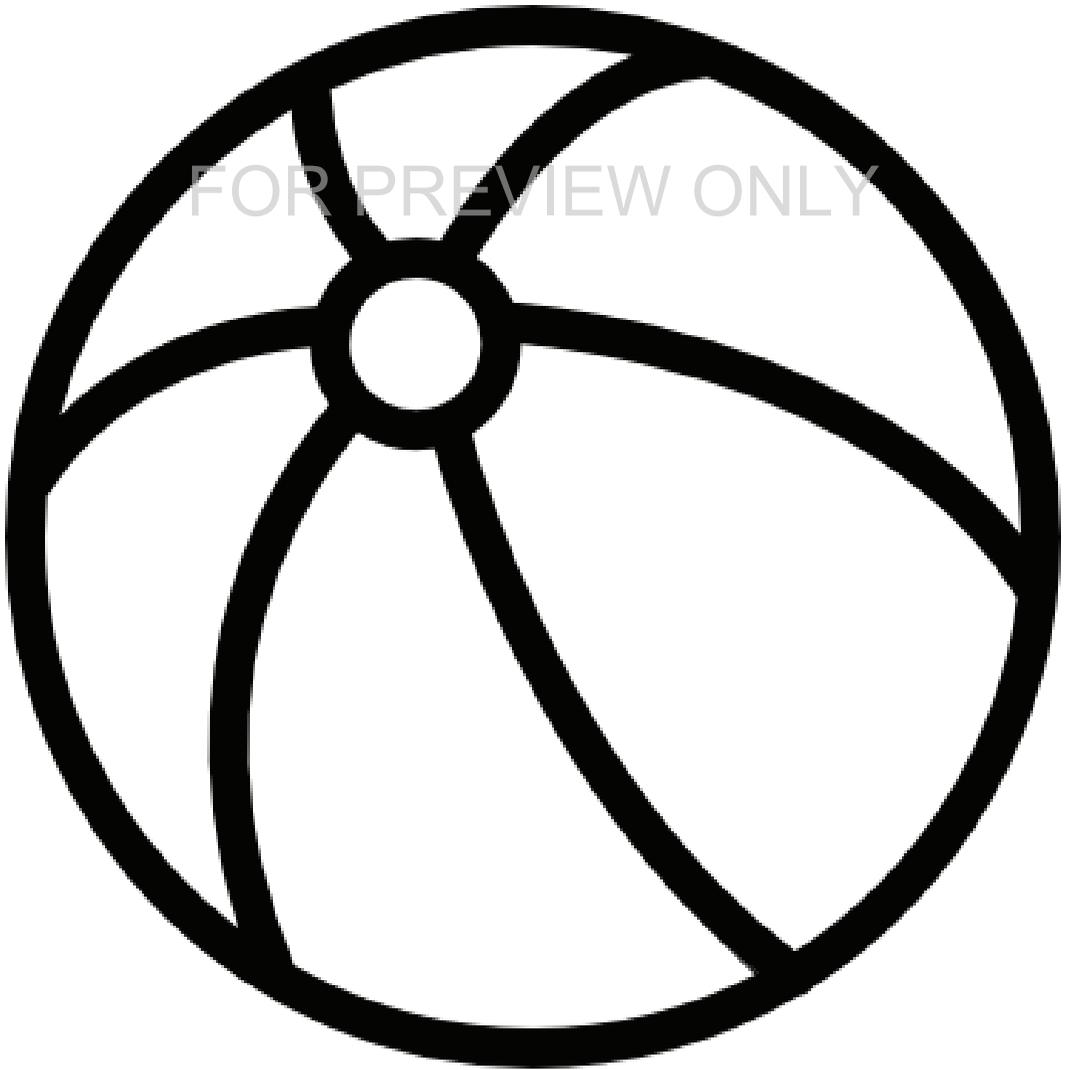


This Week: Read through this list of Emotions in the Psalms. List any that stand out to you, and why.

NOT FOR DISTRIBUTION



What emotions do you find keep rising up during your time of loss? You can refer to the previous page of emotions and fill in the image below with the ones you experience?



FOR PREVIEW ONLY

NOT FOR DISTRIBUTION



Reflection 1

1. Do you find it easy or difficult to express your emotions?

FOR PREVIEW ONLY

2. Has the way that you express your emotions changed as you deal with grief and loss? If so, how?

3. In looking at the wheel of emotions, which feelings tend to be more predominant?

NOT FOR DISTRIBUTION



Managing the Mess

It's no secret that life can be messy. At times it can feel like we're drowning in a sea of emotions with no life raft in sight. But there is hope! Learning how to manage our emotions is key to weathering life's storms.

Numbness Does Not Equal Healing

When you _____ your feelings, they don't just _____.

If you repress your emotions, they will not go away. They will continue to build up and can eventually lead to anxiety, worry, overwhelm, and feeling stuck. Repressed emotions can also lead to a racing mind, procrastination, and insomnia. It is important to deal with your emotions in a healthy way so that they do not take over your life.

1. Find _____
 - Healthy emotional expression involves finding some balance between overwhelming emotions and no emotions at all.
2. _____ what you are feeling

Take a moment to “check-in” with yourself. Ask yourself the following...

- What am I feeling right now?
- What happened to make me feel this way?
- What do I want to do about these feelings?
- Is there a better way of coping with them?



3. _____ your emotions.

- Accepting emotions as they come helps you get more comfortable with them.

4. Keep a _____

- Write down intense emotions or feelings as they happen. Try to note the triggers and your reaction.

5. Take a _____

- This can help you slow down and take a step back from your first reaction

Indulging Your Grief

You may find it helpful to set a timer for 25 minutes, and during that time, let your emotions drive. You can cry, scream, or anything else that feels cathartic. Once the timer goes off, stop and reward yourself. This exercise can help you feel your emotions more fully so that you can process them in a healthy way.

- Get a timer
- Set the timer for 25 minutes
- Let your emotions drive for the 25 min
- Stop when the timer goes off
- Reward yourself



Prayer: Lord, I thank you that you have given me my emotions to express my feelings, whether in times of joy or sorrow. As I work through the different phases of this journey, help me to process my emotions in a healthy way that leads me toward growth.



Reflection 2

1. What emotion(s) do you feel you keep stuffing and then tripping over again?

FOR PREVIEW ONLY

2. What are the dangers of being an “emotional stuffer?”

3. Do you feel that God is okay with expressing your emotions to Him? Why or why not?

4. What action steps will you take this week to embrace your full emotions?

NOT FOR DISTRIBUTION





MY DAILY GRATITUDE

DAY 1

___/___/___

I Am Thankful For:

FOR PREVIEW ONLY

- _____
- _____
- _____

DAY 2

___/___/___

I Am Thankful For:

- _____
- _____
- _____

DAY 3

___/___/___

I Am Thankful For:

- _____
- _____
- _____

NOT FOR DISTRIBUTION



DAY 4

___ / ___ / ___

I Am Thankful For:

- _____
- _____
- _____

FOR PREVIEW ONLY

DAY 5

___ / ___ / ___

I Am Thankful For:

- _____
- _____
- _____

DAY 6

___ / ___ / ___

I Am Thankful For:

- _____
- _____
- _____

DAY 7

___ / ___ / ___

I Am Thankful For:

- _____
- _____
- _____

NOT FOR DISTRIBUTION





MY WEEKLY GROWTH

WHAT I ACCOMPLISHED:

FOR PREVIEW ONLY

WHAT MADE ME SMILE:

WHAT I HAVE LEARNED:

MY INTENTIONS FOR NEXT WEEK:

NOT FOR DISTRIBUTION



FOR PREVIEW ONLY

LEGAL SERVICES



REFERENCE



NOT FOR DISTRIBUTION

WEEK 4: PARALYSIS - PROCESSING YOUR LOSS AND GETTING UNSTUCK

This week we will cover the third phase, **Paralysis**. This is a point in our grief when we may feel stuck. We may be unable to move forward and may feel like we are in a dark place. It is important to reach out for help during this phase and to find ways to take action, even if it is small.

“And the God of all grace, who called you to His eternal glory in Christ, after you have suffered a little while, will Himself restore you and make you strong, firm, and steadfast.” 1 Peter 5:10

- There will be suffering in our life. It's not God's punishment; it is a product of living in a broken world.
- God will restore you.
- He will give you strength.

There is a temptation to set _____ and _____ for the grieving process. Grief is a _____ experience for each individual, and there is no clear timetable.

There is no concrete path or _____ relief. In other words, grief will take as long as it takes and the only way _____ it, is _____ it.



It is often said that grief comes in waves. You may be feeling fine one minute, and the next minute you are hit with a wave of sadness, anger, or despair. These waves can be very overwhelming, and it is important to have a support system to help you through them.

SUPPORT:

- FAMILY
- FRIENDS
- FAITH COMMUNITY

FOR PREVIEW ONLY

SELF-CARE:

Self-care is vital when grieving. It can be easy to get caught up in the sadness and despair of loss, but it's important to take care of yourself both physically and emotionally. There are many ways to practice self-care, and what works for one person may not work for another. However, some general self-care tips include getting plenty of rest, eating a healthy diet, exercising, spending time outdoors, staying connected with friends and family, and participating in activities that bring you joy. Taking care of yourself will help you to better cope with the grieving process and continue to move forward.

- Self-care is not _____.
- Self-care is a _____.

NOT FOR DISTRIBUTION



The Wheel of Life

The Wheel of Life lists eight areas in our life that we need to give attention to.



1. FAMILY
2. RELATIONSHIPS
3. FAITH
4. RECREATION
5. FINANCES
6. PERSONAL GROWTH
7. CAREER
8. HEALTH/FITNESS

When we lose something in one of these areas, it can send our lives into a tailspin. We may feel like we're stuck on a Ferris wheel that keeps going around and around but never seems to get anywhere.



Reflection 1

1. Have you felt the pressure to “have it all together”?

FOR PREVIEW ONLY

2. In what ways have you been practicing self-care?

3. Where have you found your greatest support (Family, Friends, Faith Community)?

4. What are some ways that you have felt supported by others?

NOT FOR DISTRIBUTION



Great Things Start Over a Cup of Coffee

When we were both going through counseling after the loss of our spouses, we decided to meet for coffee. Neither of us had an interest in dating, but because of the uniqueness, and the public nature of our losses, we started to talk about our experiences. It was nice to have someone who could understand what I was going through, and we quickly became friends. Over the next weeks and months, we continued to meet for coffee. With time, our friendship, and relationship deepened. At our wedding, we handed out bags of our hand-roasted coffee with the label, “Great things start over a cup of coffee.”

What Does Coffee Have To Do With Grief?

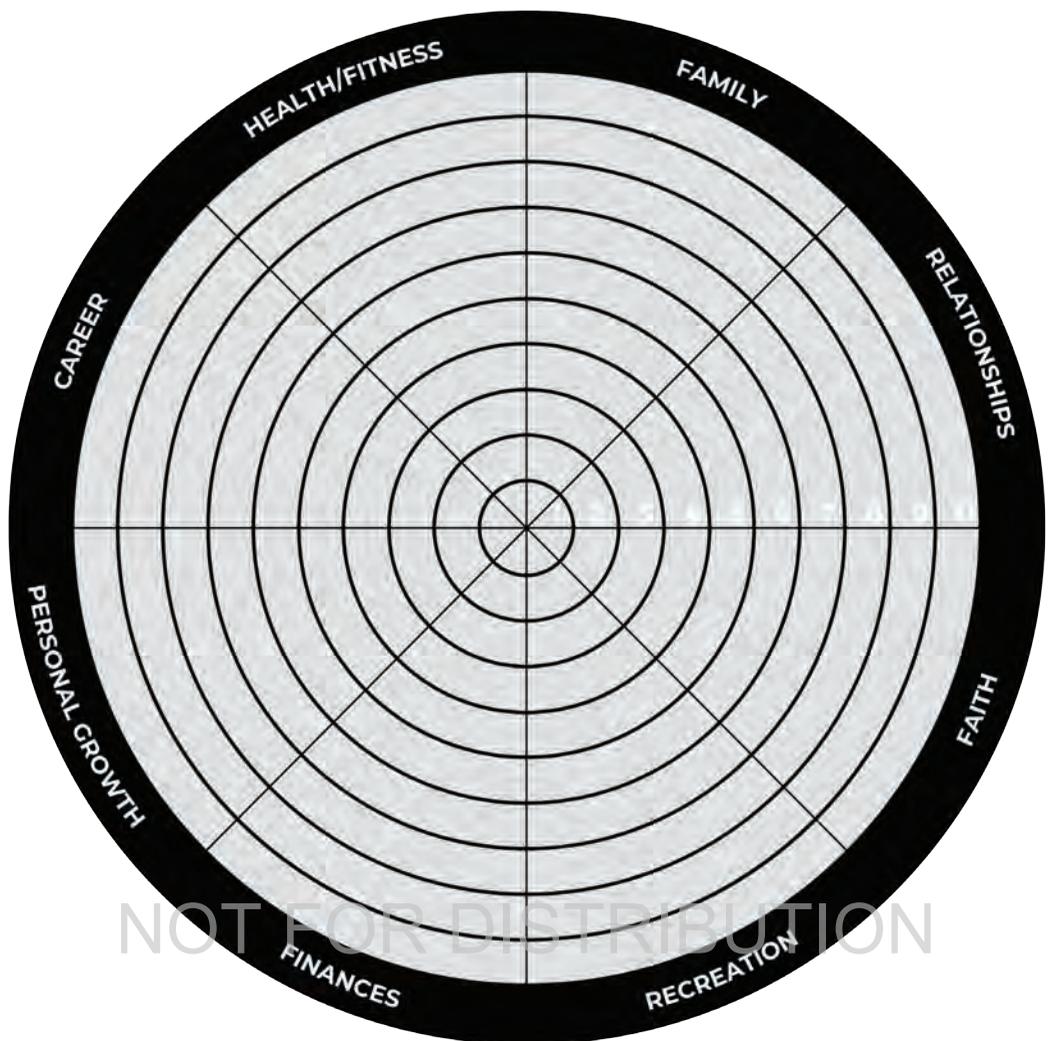
It is an interesting process to see how coffee is harvested and prepared for roasting. The coffee bean goes through several steps and then a profile is created based on several factors. It is measured and given a score based on its flavor, body, aroma, sweetness, balance, etc. What is interesting, is that if one factor is out of balance, either too high or too low, it will throw off everything.

Ultimately, the coffee will become bitter and undrinkable if there isn't a proper balance.



Wheel of Life

Below is the “Wheel of Life”. Take a moment and evaluate where you feel each of the eight areas are in your life. You will place a mark from 1 to 10 indicating (1 being the least and 10 being the best or most fulfilled). After placing a mark on each of the eight areas, you will then connect each of the dots making a circle.



Reflection 2

1. Look at the balance in your wheel. How do you feel about your results?

FOR PREVIEW ONLY

2. What area are you most pleased with?

3. Which area surprised you the most?

4. Which area would you like to improve?

5. What help and support would you need to make these changes?

NOT FOR DISTRIBUTION





MY DAILY GRATITUDE

DAY 1

___/___/___

I Am Thankful For:

FOR PREVIEW ONLY

- _____
- _____
- _____

DAY 2

___/___/___

I Am Thankful For:

- _____
- _____
- _____

DAY 3

___/___/___

I Am Thankful For:

- _____
- _____
- _____

NOT FOR DISTRIBUTION



DAY 4

___ / ___ / ___

I Am Thankful For:

- _____
- _____
- _____

FOR PREVIEW ONLY

DAY 5

___ / ___ / ___

I Am Thankful For:

- _____
- _____
- _____

DAY 6

___ / ___ / ___

I Am Thankful For:

- _____
- _____
- _____

DAY 7

___ / ___ / ___

I Am Thankful For:

- _____
- _____
- _____

NOT FOR DISTRIBUTION





MY WEEKLY GROWTH

WHAT I ACCOMPLISHED:

FOR PREVIEW ONLY

WHAT MADE ME SMILE:

WHAT I HAVE LEARNED:

MY INTENTIONS FOR NEXT WEEK:

NOT FOR DISTRIBUTION



WEEK 5: PERSPECTIVE

This week, we will look at the fourth phase in our Grief to Growth Pathway. Perspective is when we begin to see our loss in a new light. We may start to see the silver lining and find meaning in what happened. This can be a powerful time of growth.

Perspective is a gift. It helps us to understand that although our loss is painful, it is also an opportunity for us to learn and grow. We can find new meaning in our lives and become a powerful tool to help us to heal and move forward after loss.

“Happy is he who makes daily progress and who considers not what he did yesterday but what advance he can make today.” Saint Jerome

Transition

- A change or shift from one state, subject, place, etc. to another.
- A period or phase in which such a change or shift is happening.
- A passage linking two sections of a piece of music (also known as the ‘bridge’).

At its core, _____ is _____.

You can't go back to _____, and it is too _____ to stay _____ you are.



Moving Forward

Moving _____ is different than moving _____.

You can move ON from something without necessarily moving FORWARD. In order to move FORWARD, you have to take the good with the bad; you have to acknowledge the hurt that was caused but also learn from it and grow because of it.

Moving ON is forgetting; it's looking at the past and deciding that it's not worth your time and energy to dwell on it anymore. It's cutting ties with the past.

Moving FORWARD is different; it's taking the past and using it as a stepping stone to what is next. It's acknowledging that what happened, happened, but it doesn't have to define you or your future.

Moving FORWARD is hard; it requires you to be vulnerable and open to change. But it's worth it because it allows you to grow and become the best version of yourself.

“Every transition begins with an ending. We have to let go of the old thing before we can pick up the new- not just outwardly, but inwardly.”

William Bridges, *Managing Transitions*

NOT FOR DISTRIBUTION



Transition is not the same as change. Change is something that happens to us, while transition is something we actively choose to do. In other words, change is external while transition is internal.

When we go through changes in our lives, it can be difficult to see things from a new perspective. We may feel like we're stuck in the past and unable to move forward. However, when we actively choose transition, we can change our perspective and see our situation in a new light.

FOR PREVIEW ONLY

Without a transition, a change is just the “_____of _____.»

“Not in his goals, but in his transitions,
man is great.” Ralph Waldo Emerson

“When God closes one door, he opens another...but it can be Hell in the hallway”

Don't get stuck in the middle...

Successful transitions will require times of _____ before we see the _____.

NOT FOR DISTRIBUTION

The past events have indeed happened. Now I
declare new events; I announce them to you
before they occur. Jeremiah 42:9 (CSB)



“Sometimes, the only thing tougher than not knowing where one is going, is knowing and realizing that the future will require new steps of faith and trust in God.” Terry Walling

FOR PREVIEW ONLY

NOT FOR DISTRIBUTION



Reflection 1

1. When you think of the word, “transition”, what typically comes to mind?

FOR PREVIEW ONLY

2. Since the time of your loss, have you made some intentional changes in your life, surroundings, etc? What are some of those changes?

3. Are there areas that you feel you need to make peace with your past?

- Extend forgiveness (to yourself or someone else)
- Write a letter
- Tell someone thank you

NOT FOR DISTRIBUTION



4. What do you think God is at work doing in your current situation?

FOR PREVIEW ONLY

5. What are some ways that God has provided direction in your past?

6. What is your current view of what might be ahead for your life?

7. Are there areas of your life, or feelings that need to be given to God in order to move forward?

NOT FOR DISTRIBUTION





MY DAILY GRATITUDE

DAY 1

___/___/___

I Am Thankful For:

FOR PREVIEW ONLY

- _____
- _____
- _____

DAY 2

___/___/___

I Am Thankful For:

- _____
- _____
- _____

DAY 3

___/___/___

I Am Thankful For:

- _____
- _____
- _____

NOT FOR DISTRIBUTION



DAY 4

___ / ___ / ___

I Am Thankful For:

- _____
- _____
- _____

FOR PREVIEW ONLY

DAY 5

___ / ___ / ___

I Am Thankful For:

- _____
- _____
- _____

DAY 6

___ / ___ / ___

I Am Thankful For:

- _____
- _____
- _____

DAY 7

___ / ___ / ___

I Am Thankful For:

- _____
- _____
- _____

NOT FOR DISTRIBUTION





MY WEEKLY GROWTH

WHAT I ACCOMPLISHED:

FOR PREVIEW ONLY

WHAT MADE ME SMILE:

WHAT I HAVE LEARNED:

MY INTENTIONS FOR NEXT WEEK:

NOT FOR DISTRIBUTION



WEEK 6: PURPOSE - DREAMING FOR WHAT IS NEXT

In this phase, we find a new sense of purpose. We may start to see our life in a new way and find meaning in what we do. This can be a very fulfilling time. You may find that you are more determined than ever to pursue your dreams and that you are no longer afraid of taking risks.

“You don’t have to have it all figured out to move forward.”

When faced with grief and loss, it can leave us wondering about what is next and how we can move forward. We think that if we just plan it out and have every detail managed, then we can take the next step. That is the difficulty when we are on this journey. There are times when things “just don’t line up.” Honestly, this can actually be our way of avoiding pain and hurt (especially for the control freaks in the room).

***Matt:** Before Marybeth’s passing, I felt like I had a greater risk tolerance. I was more likely to take a chance on something, even if it didn’t have every detail managed. After Marybeth’s passing, I found myself being much more risk-averse and wanting everything to be lined up before moving forward.*



The key is to recognize that grief will come in waves. There are certain things that will trigger a wave of grief and we need to be mindful of that. Also, we must be prepared for plans to change, especially during this time in your life. Don't give up in frustration when the plan doesn't look exactly how you thought it would or should.

Each one of us are a part of this program because we were faced with change in our life.

FOR PREVIEW ONLY

Also, you need to give yourself grace during those times and not try to push through it. Recognizing that grief is normal and a part of the journey has helped me to be more patient with myself as I move forward.

The Struggle is Real

If you find yourself struggling with what is next, here are a few things that may help:

1. Don't try to have it all figured out - this can be paralyzing and actually cause more anxiety.
2. Talk to someone who has been through a similar journey - they can offer insight, support, and understanding.
3. Give yourself grace - you are on a unique journey and there is no playbook for how to do this.
4. Seek professional help if you are struggling - there is no shame in admitting that you need additional support.
5. Lean into your faith - for many of us, our faith is what helps to sustain us during difficult times.

NOT FOR DISTRIBUTION



Remember, you don't have to have it all figured out to move forward. Taking the next step, even if it is just a small one, can help to bring some clarity and purpose during this time.

When you can't see past where you are currently, you will _____
_____.

When one loses hope, you _____ and try to
replace _____.

FOR PREVIEW ONLY

- _____ what was.
- _____ what is.
- _____ for what's next.

We all have dreams and aspirations, but the key is to take action steps towards them. Sometimes we may not know what those steps are, but that doesn't mean we should give up.

“Write the vision; make it plain on tablets, so
he may run who reads it.” Habakuk 2:2 (ESV)

When a dream becomes a vision, it moves from what _____ be to what
_____ be.

NOT FOR DISTRIBUTION

Goal: the object of a person's ambition or effort; an aim or desired result.



Reflection 1

1. What are some dreams or desires that you have for your life currently?

FOR PREVIEW ONLY

2. As you have worked on your life balance wheel, what areas have you discovered needs some attention?

3. What area(s) would you like to address first, and why?

NOT FOR DISTRIBUTION



Setting Goals After a Loss: The H.O.P.E Method

After experiencing a significant loss, it can be difficult to know where to start when it comes to setting goals. The H.O.P.E Method will provide a roadmap for you as you set out on this important journey.

Some benefits to setting goals after a loss include:

- Gaining a sense of control and direction in your life
- Working towards something positive during a difficult time
- Helping you to cope with and process your loss
- Giving you a sense of purpose and meaning
- Providing hope for the future.

“Life is short, fragile, and does not wait for anyone. There will **NEVER** be a perfect time to pursue your dreams and goals.”

No matter what your goals are, or how big or small they may be, setting and working towards goals can be a helpful and healing process after a loss.

NOT FOR DISTRIBUTION

If you need some help getting started, the H.O.P.E Method may be a useful tool for you.



1. **Helpful:** The goal should be something that will be helpful or beneficial to you in some way.
2. **Obtainable:** The goal should be something that is realistic and achievable given your current circumstances.
3. **Prompt:** The goal should be something that you can start working on soon.
4. **Expectation:** The goal should be something that you reasonably expect to achieve.

Keep in mind that you may have different goals at different stages of your grief journey. What is most important is that you are moving forward in a way that feels right for you.

“Let your fear become the fuel that propels you forward.”

Many people find themselves frozen after experiencing a significant loss. It can be hard to take the first step and set goals for yourself. But it is so important to do this in order to move forward. With hard work and determination, you can achieve anything you set your mind to.

Take the first step today and begin setting H.O.P.E goals for yourself. These goals should be helpful, obtainable, prompt, and an expectation that you can achieve them. With a positive attitude and a solid plan, you will be on your way to conquering your fears and reaching your goals in no time.

“Most people overestimate what they can do in one year and underestimate what they can do in ten years.”

The importance of this quote is that it focuses on CONSISTENCY...



MY HOPE GOALS

Helpful • Optimistic • Prompt • Expectation

MY HOPE GOAL

FOR PREVIEW ONLY

ACTION STEPS

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

MONTH 1 MILESTONE

MONTH 2 MILESTONE

INCENTIVES / REWARD

MONTH 3 MILESTONE

NOT FOR DISTRIBUTION

H O P E



MY HOPE GOALS

Helpful • Optimistic • Prompt • Expectation

MY HOPE GOAL

FOR PREVIEW ONLY

ACTION STEPS

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

MONTH 1 MILESTONE

MONTH 2 MILESTONE

INCENTIVES / REWARD

MONTH 3 MILESTONE

NOT FOR DISTRIBUTION

H O P E



MY HOPE GOALS

Helpful • Optimistic • Prompt • Expectation

MY HOPE GOAL

FOR PREVIEW ONLY

MONTH 1 MILESTONE

MONTH 2 MILESTONE

MONTH 3 MILESTONE

ACTION STEPS

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

INCENTIVES / REWARD

NOT FOR DISTRIBUTION

H O P E





MY DAILY GRATITUDE

DAY 1

___/___/___

I Am Thankful For:

FOR PREVIEW ONLY

- _____
- _____
- _____

DAY 2

___/___/___

I Am Thankful For:

- _____
- _____
- _____

DAY 3

___/___/___

I Am Thankful For:

- _____
- _____
- _____

NOT FOR DISTRIBUTION



DAY 4

___ / ___ / ___

I Am Thankful For:

- _____
- _____
- _____

FOR PREVIEW ONLY

DAY 5

___ / ___ / ___

I Am Thankful For:

- _____
- _____
- _____

DAY 6

___ / ___ / ___

I Am Thankful For:

- _____
- _____
- _____

DAY 7

___ / ___ / ___

I Am Thankful For:

- _____
- _____
- _____

NOT FOR DISTRIBUTION





MY WEEKLY GROWTH

WHAT I ACCOMPLISHED:

FOR PREVIEW ONLY

WHAT MADE ME SMILE:

WHAT I HAVE LEARNED:

MY INTENTIONS FOR NEXT WEEK:

NOT FOR DISTRIBUTION



FOR PREVIEW ONLY

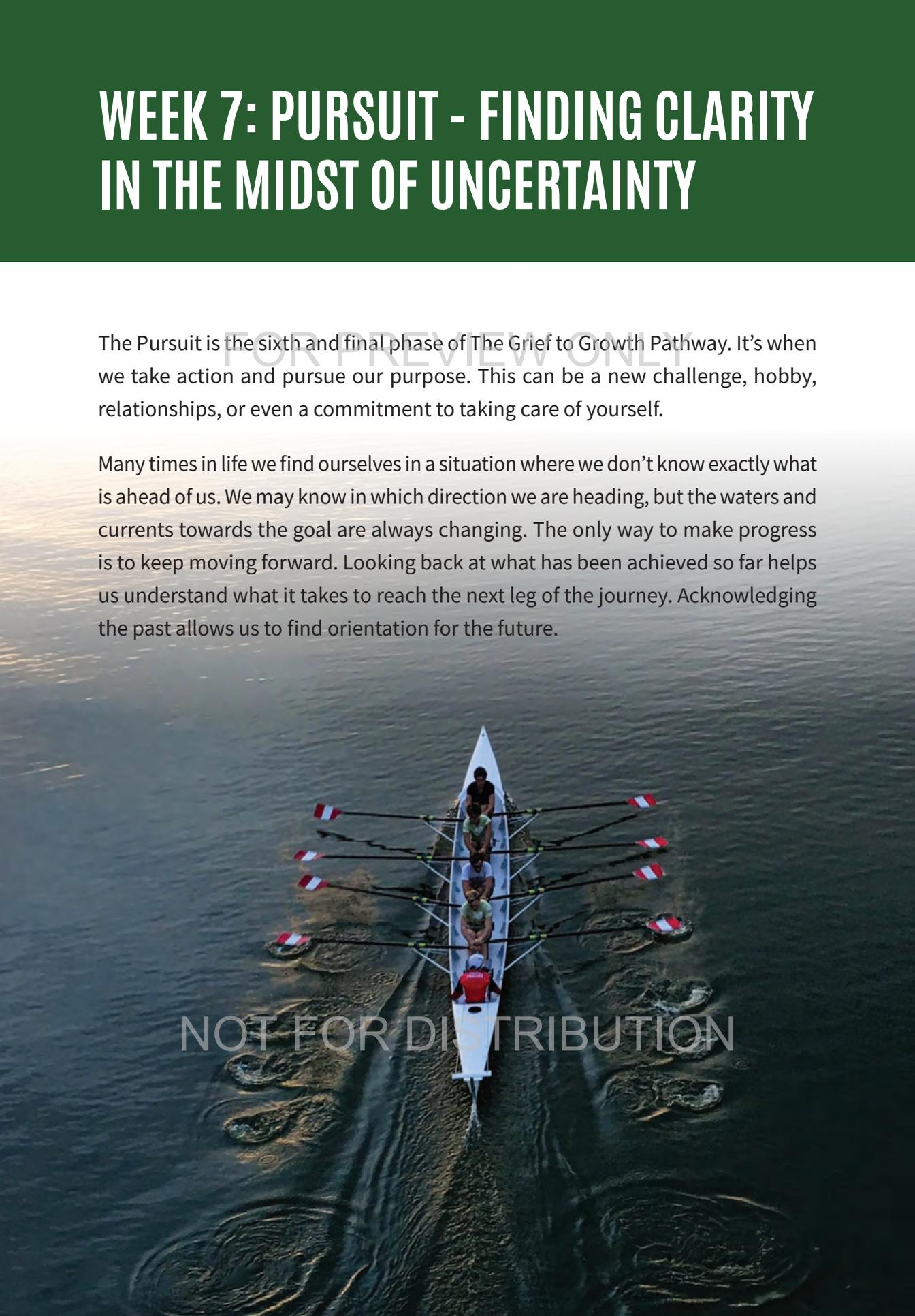


NOT FOR DISTRIBUTION

WEEK 7: PURSUIT - FINDING CLARITY IN THE MIDST OF UNCERTAINTY

The Pursuit is the sixth and final phase of The Grief to Growth Pathway. It's when we take action and pursue our purpose. This can be a new challenge, hobby, relationships, or even a commitment to taking care of yourself.

Many times in life we find ourselves in a situation where we don't know exactly what is ahead of us. We may know in which direction we are heading, but the waters and currents towards the goal are always changing. The only way to make progress is to keep moving forward. Looking back at what has been achieved so far helps us understand what it takes to reach the next leg of the journey. Acknowledging the past allows us to find orientation for the future.



NOT FOR DISTRIBUTION

Sometimes you must _____ back in order to _____ forward

When we study the team sport of rowing, there is a particular person that stands out. That person is the coxswain. In this position, they are in charge of steering the boat and giving orders to the crew. The coxswain is the only person who faces forward while rowing. Everyone else in the boat is looking at where they have been, but the coxswain is focused on where they are going.

The coxswain uses their experience and knowledge to steer the boat in the right direction and keep the crew moving forward. Acknowledging our past experiences helps us find clarity in the midst of uncertainty and navigate our way towards growth.

A good navigator in life acknowledges the past, in order to find the best path for the future.

“Not seeing exactly what is ahead of you, is a common situation in life. While we know in which direction we are heading, the waters and currents towards the goal are changing.”

NOT FOR DISTRIBUTION



Essentials for Moving Forward

1. _____ and _____.

- You will make mistakes... Learn from them and keep going
- Give yourself (and others) grace.

2. _____

- Focus on the essentials and don't give up. Not every day is perfect. You will have ups and downs.
- Endurance is one of the most valuable qualities when facing loss.

“Do not look for shortcuts to God. The market is flooded with surefire, easygoing formulas for a successful life that can be practiced in your spare time. Do not fall for that stuff, even though crowds of people do. The way of life—to God—is vigorous and requires total attention.” Matthew 7:13-14 (The Message)

Earl Warren, Chief Justice of the Supreme Court once noted, “I always turn to the sports pages first, which records people’s accomplishments. The front page has nothing but man’s failures.”



What you focus on will determine how well you navigate your future.

3. _____

God does some of His most important formation during the transition times of His followers. He sculpts life purpose and direction during the in-between times of our lives.

_____ forge new trust.

When we allow Him, God can use the difficult, confusing, and even the hurtful things in life to take us into a deeper pursuit of Him.

4. _____

_____ burns out; _____ pays off.

5. _____

Grief is a difficult journey to walk alone, so it's essential to have people around you who care and want to help. Building a supportive network of family and friends is an important step in the healing process.

When you feel discouraged and your inner dialogue is telling you to give up, a little encouragement goes a long way.



Reflection

1. Which one of the categories below have you found challenging in the past, and why?

- Humility
- Grace
- Focus
- Trust
- Consistency
- Community

2. Which of the following areas do you feel is one of your strengths currently?

- Humility
- Grace
- Focus
- Trust
- Consistency
- Community

3. In what ways have you experienced growth since attending this class?



There is Beauty in Brokenness

Kintsugi and Grief

When we experience loss, it feels like we are broken. Our life is shattered and we don't know how to put the pieces back together again. We may feel like our story is over, that there is no way to find purpose or beauty in our life anymore. But that is not true. There is still beauty to be found in the brokenness.

Kintsugi is a form of Japanese art that takes broken pottery and restores it using gold. It beautifully illustrates how life can be after a loss. While life won't look the same as it did before, it can still be beautiful and fulfilling. *Your story is not over...*

“For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.” Jeremiah 29:11



Prayer: Lord, I thank you that you are still writing my story. My situation may look different than what I thought it would, but I thank you that you still have plans for my life.

NOT FOR DISTRIBUTION





MY DAILY GRATITUDE

DAY 1

___/___/___

I Am Thankful For:

FOR PREVIEW ONLY

- _____
- _____
- _____

DAY 2

___/___/___

I Am Thankful For:

- _____
- _____
- _____

DAY 3

___/___/___

I Am Thankful For:

- _____
- _____
- _____

NOT FOR DISTRIBUTION



DAY 4

___ / ___ / ___

I Am Thankful For:

- _____
- _____
- _____

FOR PREVIEW ONLY

DAY 5

___ / ___ / ___

I Am Thankful For:

- _____
- _____
- _____

DAY 6

___ / ___ / ___

I Am Thankful For:

- _____
- _____
- _____

DAY 7

___ / ___ / ___

I Am Thankful For:

- _____
- _____
- _____

NOT FOR DISTRIBUTION





MY WEEKLY GROWTH

WHAT I ACCOMPLISHED:

FOR PREVIEW ONLY

WHAT MADE ME SMILE:

WHAT I HAVE LEARNED:

MY INTENTIONS FOR NEXT WEEK:

NOT FOR DISTRIBUTION



WEEK 8: MY GROWTH - LIFE AS A MOSAIC

FOR PREVIEW ONLY

Life is full of change. We experience loss in our life, but through that loss we have the opportunity for new growth. This is what it means to live as a mosaic. Our lives are ever-changing, and while some pieces may be taken away, others are added in their place. As we go through life, we experience both the good and the bad. It is up to us to choose how we will look at it all. Will we see the beauty in our growth, even amidst the pain? Or will we focus only on our losses?

Growth following loss is more than an _____, it is also the _____.

The life we live is like a beautiful and intricate mosaic. Each piece fits into the others to create something unique...different than what we started with. What makes these broken pieces beautiful, is the growth that we experience along the way. In the days ahead, we encourage you to embrace your journey and cherish every moment...even the difficult ones. They are all part of your story that is still being written.



Thank you for being a part of Grief to Growth™. We know that this program has been life-changing for many people, and we hope it has been just as meaningful for you. Thank you for being so open and vulnerable, and for sharing your stories with us and one another. We know that walking through grief is more than an eight-week process, but we believe that through consistency, gratitude, and focus, your best days are still ahead of you.

If this program has been a help to you in your journey of loss, please visit griegtogrowth.org/mygrowth and let us know! We value your input as we seek to provide resources to help those impacted by the loss of someone or something significant.

NOT FOR DISTRIBUTION





MY DAILY GRATITUDE

DAY 1

___/___/___

I Am Thankful For:

FOR PREVIEW ONLY

- _____
- _____
- _____

DAY 2

___/___/___

I Am Thankful For:

- _____
- _____
- _____

DAY 3

___/___/___

I Am Thankful For:

- _____
- _____
- _____

NOT FOR DISTRIBUTION



DAY 4

___ / ___ / ___

I Am Thankful For:

- _____
- _____
- _____

FOR PREVIEW ONLY

DAY 5

___ / ___ / ___

I Am Thankful For:

- _____
- _____
- _____

DAY 6

___ / ___ / ___

I Am Thankful For:

- _____
- _____
- _____

DAY 7

___ / ___ / ___

I Am Thankful For:

- _____
- _____
- _____

NOT FOR DISTRIBUTION





MY WEEKLY GROWTH

WHAT I ACCOMPLISHED:

FOR PREVIEW ONLY

WHAT MADE ME SMILE:

WHAT I HAVE LEARNED:

MY INTENTIONS FOR NEXT WEEK:

NOT FOR DISTRIBUTION

