

Experiencing Grief/Suffering

- **Guilt**

**Can God listen to me,
when the weight of my
shame is so great that
I don't even know how
to pray?**

Meditative Scripture: "...Yes I have loved you with an everlasting love; therefore with lovingkindness I have drawn you. Again I will build you, and you shall be rebuilt, O virgin of Israel."

Jeremiah 31:3-4

2. Forgiveness

I conceal my hurt, but internally I suffer and cannot forgive myself. If you knew my past, you wouldn't forgive me either! Can God heal even me, if so, why do I rehearse the sins of my past?

Meditative Scripture: "Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or amine, or nakedness, or peril, or sword? For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come nor height nor depth nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.

3. Helplessness

I'm watching my loved one transition and I cannot prevent what is happening. How do I carry this load and be strong when all the while I'm breaking down on the inside?

Meditative Scripture: *Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, I will never leave you nor forsake you." So we may boldly say: The Lord is my helper; I will not fear. What can man do to me?"*

Hebrews 13:5-6

Meditative Scripture: I will lift up my eyes to the hills—from whence comes my help? My help comes from the Lord, who made heaven and earth.

Psalm 121:1-2

4. Loneliness

I'm in a crowd, yet I feel all alone. I'm told that God won't put more on me than I can bear, but the weight of this loneliness is killing me, what can I do?

***Meditative Scripture: But I
am poor and needy; Yet the
Lord thinks upon me. You are
my help and my deliverer; Do
not delay, O my God.***

Psalm 40:17

5. Recovery

Recently I've buried a loved one and the sting of their passing is more than I can handle. I cannot even move on with life because I cannot cope with the reality that they have transitioned. I've heard the scriptures, but somehow my soul still aches—what am I to do?

***Meditative Scripture: I
will not leave your orphans;
I will come to you.***

John 14:18

6. Fear

I'm at a crossroads and I am not sure which way to go. I've heard God's voice speaking, but it's hard for me to make that move. I feel sick with anxiety, because I don't know all the answers. What if I fail?

Meditative Scripture: Trust in the Lord with all your heart and lean on your own understanding; in all your ways acknowledge Him, and he shall direct your paths. Do not be wise in your own eyes; fear (respect) the Lord and depart from evil.

Proverbs 3:6-7

7. Regret

I should have honored the spouse the Lord blessed me with, yet I've brought disgrace to our marriage. Recently my spouse filed for divorce and nothing I say can undo or erase the damage. How can I get my life back, when my spouse wants to move on without me?