

## The Stages of Grief

*"Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade-kept in heaven for you, who through faith are shielded by God's power until the coming of the salvation that is ready to be revealed in the last time. In this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. These have come so that your faith-of greater worth than gold, which perishes even though refined by fire-may be proved genuine and may result in praise, glory and honor when Jesus Christ is revealed."*

1 Peter 1:3-7 NIV

**1. Numbness** - *"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."*

Matt 11:28-30 NIV

**2. Denial & Isolation** - *"The LORD confides in those who fear him; he makes his covenant known to them. My eyes are ever on the LORD, for only he will release my feet from the snare. Turn to me and be gracious to me, for I am lonely and afflicted. The troubles of my heart have multiplied; free me from my anguish. Look upon my affliction and my distress and take away all my sins. See how my enemies have increased and how fiercely they hate me! Guard my life and rescue me; let me not be put to shame, for I take refuge in you. May integrity and uprightness protect me, because my hope is in you."* Ps 25:14-21 NIV

**3. Anger** - *"Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body. "In your anger do not sin": Do not let the sun go down while you are still angry, and do not give the devil a foothold."*

Eph 4:25-28 NIV

**4. Depression** - *"When I refused to confess my sin, I was weak and miserable, and I groaned all day long. Day and night your hand of discipline was heavy on me. My strength evaporated like water in the summer heat. Finally, I confessed all my sins to you and stopped trying to hide them. I said to myself, "I will confess my rebellion to the LORD." And you forgave me! All my guilt is gone."* Ps 32:3-5 NLT

**5. Acceptance** - *"And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them."*

Rom 8:28 NLT

*"I tell you the truth, you will weep and mourn while the world rejoices. You will grieve, but your grief will turn to joy."* John 16:20 NIV

