STRESS Busters
Session 5
STRESS from LOSS
Part 1

Defining Loss

The idea of loss goes beyond the loss of a loved one in death.

Dealing with the stress caused by loss requires an understanding of how the grieving cycle functions.

Grief + Loss

Loss = Grief = Stress

1. Denial

- 1. Denial
- 2. Anger

- 1. Denial
- 2. Anger
- 3. Bargaining

- 1. Denial
- 2. Anger
- 3. Bargaining

4. Depression

- 1. Denial
- 2. Anger
- 3. Bargaining
- 4. Depression
- 5. Acceptance

Grief - Stress Reduction

We are never "ready"

Grief – Stress Reduction

- We are never "ready"
- Grief is necessary

Grief – Stress Reduction

- We are never "ready"
- Grief is necessary
- •There's not always an answer

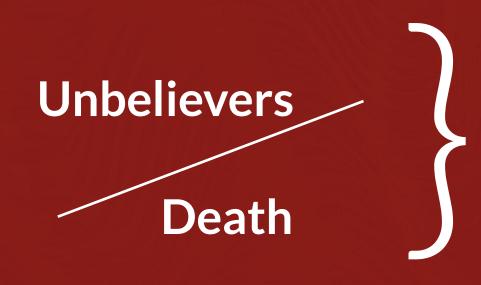
God doesn't provide the answer, but He <u>always</u> provides.

Who shall separate us from the love of Christ? shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? As it is written, For thy sake we are killed all the day long; we are accounted as sheep for the slaughter. Nay, in all these things we are more than conquerors through him that loved us.

- Romans 8:35-37

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 creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.

- Romans 8:38-39



Resigned Bruised Bitter Frightened Permanent Denial

... but they don't come through it hopeful.

But I would not have you to be ignorant, brethren, concerning them which are asleep, that ye sorrow not, even as others which have no hope. For if we believe that Jesus died and rose again, even so them also which sleep in Jesus will God bring with him.

- I Thessalonians 4:13-14

For this we say unto you by the word of the Lord, that we which are alive and remain unto the coming of the Lord shall not prevent them which are asleep. For the Lord himself shall descend from heaven with a shout, with the voice of the archangel, and with the trump of God: and the dead in Christ shall rise first:

- I Thessalonians 4:15-16

Then we which are alive and remain shall be caught up together with them in the clouds, to meet the Lord in the air: and so shall we ever be with the Lord. Wherefore comfort one another with these words.

- I Thessalonians 4:17-18

Grieving → Over stress

Ignorance

Immobile

The world's answer:

Accept what you can't change

Jesus' answer:

Go beyond acceptance to hope of eternal life

The resurrection is our hope and promise from God.



Helping those who grieve Part 2