

STRESS Busters

Session 5

STRESS from Loss

Part 2

Grieving Review

1. Process in stages

Grieving Review

1. Process in stages
- 2. Necessary for recovery**

Grieving Review

1. Process in stages
2. Necessary for recovery
- 3. Universal**

Grieving Review

1. Process in stages
2. Necessary for recovery
3. Universal
- 4. Grief = stress**

**Sometimes our family and
friends go into denial
themselves.**

**Sometimes they try to fix or
explain away the grief.**

Then answered Bildad the Shuhite, and said, How long wilt thou speak these things? and how long shall the words of thy mouth be like a strong wind? Doth God pervert judgment? or doth the Almighty pervert justice? If thy children have sinned against him, and he have cast them away for their transgression;

- Job 8:1-4

If thou wouldest seek unto God betimes,
and make thy supplication to the
Almighty; If thou wert pure and upright;
surely now he would awake for thee, and
make the habitation of thy righteousness
prosperous. Though thy beginning was
small, yet thy latter end should greatly
increase.

- Job 8:5-7

For enquire, I pray thee, of the former age, and prepare thyself to the search of their fathers: (For we are but of yesterday, and know nothing, because our days upon earth are a shadow:) Shall not they teach thee, and tell thee, and utter words out of their heart?

- Job 8:8-10

What Helpers Can Do

1. Offer physical affection

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- 2. Be available**

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- 3. Offer “specific” service**

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- 4. Express your concern**

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- 5. Share your feelings**

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1. Offer physical affection
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5. Share your feelings
- 6. Include the grieving person
in your life**

What Helpers Can Do

1. Offer physical affection
2. Be available
3. Offer “specific” service
4. Express your concern
5. Share your feelings
6. Include the grieving person in your life

7. Offer spiritual help

What Helpers Can't Do

1. You can't grieve for them

What Helpers Can't Do

1. You can't grieve for them

2. You can't answer, why?

What Helpers Can't Do

1. You can't grieve for them
2. You can't answer, why?
- 3. You can't speed things up**

What Helpers Can't Do

1. You can't grieve for them
2. You can't answer, why?
3. You can't speed things up

4. You can't fix everything

Much of the stress caused by loss comes from the anxiety people experience over the future.

Strategy for New Hope

Renewal Among the Apostles

1. They were together

Then returned they unto Jerusalem from the mount called Olivet, which is from Jerusalem a sabbath day's journey.

- Acts 1:12

And when they were come in, they went up into an upper room, where abode both Peter, and James, and John, and Andrew, Philip, and Thomas, Bartholomew, and Matthew, James the son of Alphaeus, and Simon Zelotes, and Judas the brother of James.

- Acts 1:13

Renewal Among the Apostles

1. They were together
- 2. They devoted themselves to prayer**

These all continued with one accord in prayer and supplication, with the women, and Mary the mother of Jesus, and with his brethren.

- Acts 1:14

If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.

- James 1:5

Renewal Among the Apostles

1. They were together
2. They devoted themselves to prayer

3. They took action

And in those days Peter stood up in the midst of the disciples, and said, (the number of names together were about an hundred and twenty,) Men and brethren, this scripture must needs have been fulfilled, which the Holy Ghost by the mouth of David spake before concerning Judas, which was guide to them that took Jesus.

- Acts 1:15-16

For he was numbered with us, and had obtained part of this ministry. Now this man purchased a field with the reward of iniquity; and falling headlong, he burst asunder in the midst, and all his bowels gushed out. And it was known unto all the dwellers at Jerusalem; insomuch as that field is called in their proper tongue, Aceldama, that is to say, The field of blood.

- Acts 1:17-19

For it is written in the book of Psalms, Let his habitation be desolate, and let no man dwell therein: and his bishoprick let another take. Wherefore of these men which have companied with us all the time that the Lord Jesus went in and out among us,

- Acts 1:20-21

Beginning from the baptism of John, unto that same day that he was taken up from us, must one be ordained to be a witness with us of his resurrection. And they appointed two, Joseph called Barsabas, who was surnamed Justus, and Matthias.

- Acts 1:22-23

And they prayed, and said, Thou, Lord, which knowest the hearts of all men, shew whether of these two thou hast chosen, That he may take part of this ministry and apostleship, from which Judas by transgression fell, that he might go to his own place. And they gave forth their lots; and the lot fell upon Matthias; and he was numbered with the eleven apostles.

- Acts 1:24-26

Summary: Reduce Stress from Loss

A. Understand the process

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**B. Use a biblical strategy
for renewal:**

– Fellowship, prayer, actions
guided by God's wisdom

NEXT

Stress from Burnout