

THINGS TO REMEMBER WHEN GRIEVING

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Remember that you are a survivor. Remember that it is God's intention for you to make it through these difficult times.

Remember that God is able to heal your wounds and that God is going to do just that.

Remember that you will be led to do what has to be done, and that you will be given the wisdom and courage to do it.

Remember that you are involved in a process of recovery and that there are no quick fixes for your sorrow. Your healing is going to take time; but, you will heal.

Remember that you are not required to apologize for your feelings and that you do not have to keep other people comfortable by denying your right to grieve.

Remember that the use of alcohol and other drugs will be detrimental to your recovery from sorrow; and that you cannot heal by running away from your pain.

Remember that you are not lacking faith because you are feeling sorrow.

Remember that there is no end to God's power or your privilege to draw upon it for your healing.

Remember to flow with the process of recovery, rather than attempting to manipulate it.

Remember that this too shall pass.

Taken from "How To Grieve", KAIROS, Minneapolis, MN 55424

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