

# Grieving Well

As you know, several models for the grief process exist. This is both similar to and different from the others in some ways. It isn't proposed as the only valid model but it came out of studying many hundreds of Scriptures. It is not exhaustive but attempts to illustrate some of the important components of grief found in God's Word.

The components of the Grief Process can be ordered in five stages:

- ⇒ The initial impact
- ⇒ Wrestling with the pain
- ⇒ Wrestling with reality
- ⇒ Turning or returning to God
- ⇒ Moving toward healing



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We do not necessarily go through the process in this order especially after the Initial Impact. Each of us goes through these at different rates. There is no set time for each stage.

Each stage may be necessary in order to walk through grief. However, we may not need to experience every component of each stage. Many people attempt to go directly from Stage One to Stage Five because they do not want to wrestle with the pain and with reality. Also, those who attempt to help others through grief often try to get them to go directly from Stage One to Stage Five. What have others said to you to try to accomplish this in your life?

We must allow ourselves and others to work through the stages. If we skip a stage, we may end up back there eventually and it will take longer to move through the grief. In the lesser losses of life we may only experience a few components and not every stage, but it is still important to process our grief well.

Source: "Helping Others Grieve Well" from Sharpening Your Interpersonal Skills *notebook* by Kenneth Williams. Published by: International Training Partners, 2016