SHOW NOTE HIGHLIGHTS

Episode Show Notes

Grief does not have a timetable before the grief ends.

David Kessler is one of the world's foremost experts on grief and loss. "Each person's grief is as unique as their fingerprint. But what everyone has in common is that no matter how they grieve, they share a need for their grief to be witnessed."

Steven Eastmond explains, "Grief can involve virtually every emotion or can leave us feeling numb and disconnected from the world around us." His article has great insights and help:

https://www.churchofjesuschrist.org/study/ensign/2014/01/the-healing-power-of-grief?lang=eng

Elder Merrill J. Bateman, who served as a General Authority said: "Just as the lame man at the Pool of Bethesda needed someone stronger than himself to be healed (see John 5:1–9), so we are dependent on the miracles of Christ's Atonement if our souls are to be made whole from grief, sorrow, and sin. … Death's sting is softened as Jesus bears the believers' grief and comforts them through the Holy Spirit. Through Christ, broken hearts are mended and peace replaces anxiety and sorrow."

Cheri references this resource

https://www.churchofjesuschrist.org/study/manual/counseling-resources/grief-and-loss?lang=eng

5 stages of grief (On Death and Dying, Elisabeth Kubler-Ross) which are denial, anger, bargaining, depression, acceptance.

Oct 2022 General Conference was full of authentic stories of loss and grief and wonderful testimonies of strength developed.

https://email.deseret.com/churchbeat-2022-10-2?ecid=ACsprvv5p2fBsVdTveXyxI5li5uN5TDb3Jo-2-VskSEpoJBkKPJM4_xlgCWGKlcUC81yjdifxxiW&utm_campaign=ChurchBeat&utm_medium=email&_hsmi=228080761&_hsenc=p2ANqtz9zUNttE4jRT8GHuxJJINzze5KjuPHDoHr49tFTTkYl7h7qM7A78qcFt2zRe71iQl6rBfqTrDz_bhWbowmdC0oCVSfVjw&utm_content=228080761&utm_source=hs_email

Wonderful video on Hope Works

"Connection is the antidote to hopelessness." Navigating Grief: The Power of Connection | Hope Works