



FaithWorks Counseling

Dr. Debbie Harnois

2901 University Avenue, Suite 17

Columbus, GA 31907

706.366.9691

www.FaithWorksCounseling17.com

When You Lose Someone You Love

A Faith-Based Guide for Coping with Grief

1. Understanding Grief

Grief is a natural, God-given response to losing someone deeply loved. It touches every part of our being — emotional, physical, mental, and spiritual. There is no “right way” or “right timeline.” Each person’s journey is unique.

Common experiences include:

- Numbness or disbelief
- Sudden waves of sadness
- Anger or questioning God
- Guilt or “what-if” thoughts
- Fatigue, sleep changes, appetite loss
- Longing or emptiness

“He heals the brokenhearted and binds up their wounds.” – Psalm 147:3

2. God’s Presence in Grief

Grief can make God feel distant, but Scripture reminds us that He draws near in our pain. Even when words fail, the Holy Spirit intercedes for us with ‘groanings too deep for words’ (Romans 8:26).

Try this prayer:

“Lord, I don’t have the words right now, but You know my heart. Hold me close, remind me of Your promises, and help me take one step at a time.”

3. Practical Ways to Cope

- Allow yourself to feel. Emotions are part of healing; tears are not a lack of faith.
- Lean on your support system. Family, church, and friends can help carry the weight.
- Rest and nourish your body. Grief is exhausting—gentle routines help regulate your system.
- Create memory rituals. Light a candle, frame a photo, or write a letter to your loved one.
- Stay connected to God’s Word. Even a short verse each day anchors the soul.

“Come to Me, all you who are weary and burdened, and I will give you rest.” – Matthew 11:28

4. Healing Reflections

Consider journaling or praying through these prompts:

Reflection Prompt	Example Response
What do I miss most about my loved one?	Her laughter in the mornings.
What do I wish I could tell them now?	Thank you for loving me so well.
Where do I see glimpses of God's comfort?	In friends who reach out and in peaceful moments.
How can I honor their memory through my life?	By serving others as they did.

5. Christian Hope and Meaning

Because of Christ's resurrection, death does not have the final word. "He will wipe every tear from their eyes... there will be no more death or mourning or crying or pain." – Revelation 21:4

You may not yet feel hope, but it remains true: your loved one is known, loved, and held by God. As you continue to heal, you carry their memory and love forward — not instead of your faith, but through it.

6. When to Seek Additional Support

If grief begins to feel unbearable, prolonged, or isolating, reach out for help. FaithWorks Counseling offers Christian-based therapy that integrates emotional healing and spiritual care. Professional grief counseling can help you:

- Process complex emotions
- Address trauma connected to the loss
- Rebuild hope and a sense of meaning

7. Scriptures for Comfort and Strength

"The God of all comfort... comforts us in all our troubles, so that we can comfort those in any trouble."
— 2 Corinthians 1:3-4

"The Lord is close to the brokenhearted and saves those who are crushed in spirit."
— *Psalms 34:18 (NIV)*

"He heals the brokenhearted and binds up their wounds."
— *Psalms 147:3 (NIV)*

"Even though I walk through the darkest valley, I will fear no evil, for You are with me; Your rod and Your staff, they comfort me."
— *Psalms 23:4 (NIV)*

"Do not be afraid, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."
— *Isaiah 41:10 (NIV)*

May the God of all comfort wrap you in His love and give you strength for each new day.

— *2 Corinthians 1:3–4*

“He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.”

— *Revelation 21:4 (NIV)*

“Blessed are those who mourn, for they will be comforted.”

— *Matthew 5:4 (NIV)*

8. A Closing Prayer

Father, You know the depth of this pain. Surround me with Your presence and remind me that love never ends. Give me peace to rest, courage to face tomorrow, and faith to trust that You are making all things new. – In Jesus name. Amen.