



FaithWorks Counseling

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Supporting Someone Who Is Grieving

A Compassionate Christian Guide for Friends and Family

“Carry each other’s burdens, and in this way you will fulfill the law of Christ.” – Galatians 6:2 (NIV)

1. Understanding Grief

Grief is not something to “fix.” It is a sacred process of healing that takes time.

When a loved one dies, the person left behind experiences waves of emotion — sadness, anger, guilt, confusion, even relief. Each person’s journey is uniquely different.

Your role is not to have answers, but to offer presence, compassion, and steadiness.

“The Lord is close to the brokenhearted.” – Psalm 34:18

2. What Helps Most: “The Ministry of Presence”

Sometimes the most healing thing you can do is simply be there.

- Sit quietly beside them.
- Offer a gentle hug if appropriate.
- Bring food, run an errand, or help with small tasks.
- Let silence be sacred rather than awkward.

Your calm presence reminds them they are not alone, even when words fail.

“Weep with those who weep.” – Romans 12:15

3. What to Say

Simple, sincere words are best. Avoid trying to explain or solve their pain.

Comforting things you can say:

- “I’m so sorry for your loss.”
- “My heart aches for you.”
- “I can’t imagine what you’re feeling, but I’m here for you.”

- “You don’t have to talk — I can just sit with you.”
- “Your loved one meant so much to me too.”
- “I’m praying for you and your family.”
- “How can I best support you right now?”

Faith-centered encouragements:

- “May God’s comfort surround you in this season.”
- “Even when we can’t see Him, God is near to the brokenhearted.”
- “I’m praying you’ll feel the Lord’s peace holding you today.”

4. What Not to Say

Even well-meaning words can hurt if they minimize grief or offer platitudes. Avoid trying to make the person “feel better.”

Avoid saying things like:

- “They’re in a better place.” (This may be true, but it can feel dismissive.)
- “God needed another angel.”
- “At least they’re not suffering.”
- “You’ll be fine soon.”
- “I know exactly how you feel.”
- “Everything happens for a reason.”
- “You have to be strong.”
- “God won’t give you more than you can handle.”

These statements can unintentionally silence honest grief. Instead, focus on empathy and listening.

5. Ways to Offer Practical Support

Grieving people often don’t know what to ask for. Offer specific, concrete help.

Helpful actions include:

- Drop off meals or grocery gift cards.
- Offer childcare, pet care, or household help.
- Accompany them to appointments or the funeral home.
- Send handwritten notes of encouragement over the coming months.
- Remember important dates: birthdays, anniversaries, and holidays.

- Encourage counseling, support groups, or church care ministries if appropriate.

“Let us not love with words or speech but with actions and in truth.” – *1 John 3:18*

6. When Faith Feels Fragile

Some grieving people may question God or feel angry. This is a normal part of grief, not a loss of faith. You can gently validate their feelings:

- “God can handle your honesty.”
- “Even Jesus wept.” (John 11:35)
- “You don’t have to have answers — He’s still holding you.”

Pray with them if invited or simply promise to keep praying for their strength and peace.

7. Continuing the Journey Together

Grief doesn’t end after the funeral. Continue to check in — a simple text, card, or call weeks and months later can mean so much.

Remember:

- Presence > Perfection
- Compassion > Correction
- Listening > Explaining

“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*

8. A Prayer for Those Who Comfort

Lord, give me eyes to see when someone’s heart is hurting,
hands that serve quietly,
and words that bring peace.
Help me to be a reflection of Your compassion
and a vessel of Your comfort.
In Jesus name. Amen.