WHAT YOU CAN DO
to support a widow

SIT WITH HER IN CHURCH
The reminders of all that was and all that is no more are never more poignant than when we follow our old routines without our partner by our side. She sees everyone else sitting where they always sat and she feels very, very alone. Change things up and physically surround her for that hour at church. You get to go home with your person. She doesn't.

CALL OR VISIT DURING THE WEEK
Six days can feel endless when they are filled with emptiness. Whether she admits it or not, she needs you.

DON'T JUDGE OR CONDEMN
Grief is hard enough without feeling like she has to hide her agony for your sake.

TALK ABOUT HIM
Say his name. Let her share memories. Better yet, share some of your memories of him with her.

LET HER CRY
Let her cry if she needs to. Bring tissues and cry with her.

DON'T BE AFRAID OF HER PAIN
She may be angry for a season. Don't abandon her. Press in. She needs unconditional love now more than ever.

TRY TO MEET HER PRACTICAL NEEDS
This doesn't always mean money. It may look like a genuine hug (many widows go weeks or months at a time without any physical touch), fixing a leaky toilet, or going with her to a difficult appointment. She probably won't ask, so you'll have to ask the Spirit to show you what you can do. Even a heartfelt card in the mail or a small gift on her doorstep can make a huge difference.

PRAY FOR HER
But also, pray with her. She lost her prayer partner and needs to hear her name spoken to God once again. You may be surprised to find that her newfound reliance upon God has made her a powerful prayer warrior and you will greatly benefit from her prayers as well.

DON'T GIVE UP ON HER
If she decides to leave her church, don't take it personally and don't give up on her. Help her find a new church where she can find a new normal. So many churchgoers "ghost" people who leave, but that is not what Christ expects from His body. Church is not a place. WE are the Church.