

My Grief Work



WHO LOVES YOU?


It's important to remember there are still people in the world who love you and care about you. Write down some names of people who love you below.



GRIEF WORK TO DO

Think about all the time you spent with your loved one before they died. What did you like best about them?

REMINDERS

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- ✓ Crying is good and normal. It's important to cry when your heart feels sad. Those tears need to get out.
 - ✓ Talking about your grief with a trusted friend is good for you.

WHAT DOES THE BIBLE SAY ABOUT GRIEF?

Jesus wept.
John 11:35

Crying is something even Jesus did. And since we know Jesus never sinned, you can know it's good to do.

