



We bring hope and healing for the loss of loved ones.

What To Do When Someone Is Grieving

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God. 2 Corinthians 1:3-4

Even though we cannot compare one loss to another, what I can say is that there are things that all people need when walking through grief and mourning. And some people know how to do that with great grace, and others have a lot of opinions, advice, and platitudes. There are some practical things you can do for those who are walking through such a season of loss, whether it is a medical issue, divorce, physical loss, family crisis, or job loss. These do's and don'ts will be different according to the loss one is experiencing. The key is being sensitive to the person and situation.

Do's:

1. Be sensitive to what you say to them.
2. Take meals but know they may not want to visit.
3. Write a note, email, or text them to let them know you are thinking of them and that your heart is aching with them.
4. Write notes on the anniversary date of one month, the second month, third month...
5. Mention the name of the loved one when talking or writing.
6. Write and send great memories and photos of the loved one to them.
7. Give gift cards to go out to lunch or dinner as it will eventually be something that gets them out of their environment.
8. Acknowledge and validate their feelings.
9. Give them a certificate for a cleaning service when needed.
10. Give them a gift card to see the movies.
11. Give the individual(s) a certificate for a massage (this is one of the best things for someone grieving due to the emotions held within).
12. If you have a vacation place offer them a week or weekend getaway (this is especially great for one of the celebrations during the first year). This could be a yearly blessing to them as the pain never leaves.
13. Call and tell them you want them to accompany you while running errands and pick them up.
14. Take them out for a drive on a pretty day.

15. Take a walk together in a new setting.
16. **LISTEN, LISTEN, LISTEN!**
17. Grocery shop for them.
18. Babysit for their kids
19. Help watch over and protect them as this is a time when people try to take advantage of them emotionally, financially, physically, and sexually.
20. Make sure conversations around them do not focus on things they may be feeling a loss of at this time.
21. Be sensitive to the music, TV shows, or movies that may be playing - so much of it is sad or involves death, illness, and tragedy. It is too much and overloads the senses. This is a time when humor is very needed.
22. Encourage them to take a break from areas they may be serving in and be supportive.
23. **PRAY, PRAY, PRAY** for them as the Lord leads you - it makes such a difference.
24. Assure them you are there for them and check up on them.
25. Give or send a small token on the anniversary date of passing, birthday card on deceased loved one's special day, Thanksgiving, Christmas, Easter, or any time the Lord would lead.
26. Help them financially if needed - this can be done individually, as a small group, from the church or by establishing a fund for the family's financial needs. Some people do not have the means to bury a loved one. Be sensitive to those needs.
27. **LOVE on them!**

Don't:

1. Ask questions about the death.
2. Preach or say cliché's like "we know they are in heaven or in a better place," "you are blessed to have more children," "we know that God works all things for His good," "at least they lived a healthy life" etc. Even if some of these may be true, it is not your place and can be very insensitive in light of the situation.
(Many of the people I have talked with, that have had a loss, feel this is more for the person speaking not for the griever.)
3. Pressure them to participate in activities or get involved in or on a committee during this season. Remember, they are overloaded, and it is challenging to make decisions big or small.
4. Stop pursuing them or expect reciprocity in the friendship- in fact, this may be a season where you are the only one seeking a relationship. They need your pursuance as it is depositing life and hope back into them even if they seem distant and apathetic.
5. Personalize their silence, lack of reaching out or inability to make plans - this is near to impossible for them as they are emotionally, physically, mentally, and spiritually tapped out.
6. Expect the person to be the same - they are not.
7. Treat them like they have a disease.
8. Assume other people are there for them.
9. Give up on them.
10. Ignore or isolate them.
11. Compare situations of other deaths or tragedies.
12. Ask them to be around new people - that can be overwhelming.
13. Leave the friendship after the death as it compounds the loss.
14. Decide when you think the season of grieving and mourning should be over.
It is a morphing process. Give them time and support.
15. Ask for money or financial help or loans.