



We bring hope and healing to the loss of a loved one.

Devotionals

Streams in the Desert

By Lettie Cowman

Grieving the Loss of Someone You Love

By: Raymond L. Mitsch Lynn Brookside

The Secret Power of Speaking God's Word

By Joyce Meyer

Blessings for Life

Words Of Hope and Healing By Sylvia and Elizabeth Gunter

Prayers of Comfort and Hope

Holding On To Faith Publications International

The Valley of Vision

By Arthur Bennett

Be The Gift

By Ann Voskamp

Jesus Calling

Jesus Today

Jesus Lives

By Sarah Young

A Moment With God For Those Who Grieve

Abingdon Press

Pamphlets

Finding Hope Again-Grief

By Paul David Tripp

Journeying Through Grief - (these are provided through a church's Stephen Ministries)

Books 1-4 (they are small and easy to read)

Book One: **A Time to Grieve**

Book Two: **Experiencing Grief**

Book Three: **Rebuilding and Remembering**

Book Four: **Finding Hope and Healing**

By Kenneth C. Haugk

www.stephenministries.org

Comfort for Loss

Rose Publishing

Books

The Bible

For various versions at www.biblegateway.com

Blessings of Heaven

By Stephen Hines

Blessings of Heaven is for anyone seeking reassurance about eternity or wondering about heaven and what it means to people on Earth. With writings from authors like C. S. Lewis, Randy Alcorn, John MacArthur, D. L. Moody and more, this book provides the hope that soothes the soul of anyone who has lost a loved one. It helps readers realize that God has prepared a place, especially for each of us.

Encountering Heaven and the Afterlife

True Stories from the People Who Have Glimpsed the World Beyond

James L Garlow and Keith Wall

This is from a biblical perspective and is excellent! It will encourage and minister to your soul. What happens when we die? What is heaven really like? How do spiritual beings--angels and demons--interact with us here and in the hereafter? Real-life, credible stories of near-death experiences and spiritual encounters gathered by the authors of Heaven and the Afterlife paint a clearer, fuller picture of what readers can expect when it's their turn to "cross over." These true stories--written from a solidly biblical perspective but accessible to seekers--provide fascinating glimpses into the spiritual world around us and the one that awaits us.

Eternity: Reclaiming a Passion for What Endures

By Joseph Stowell

We belong to the world to come. In fact, since that world has already been planted in our hearts, we are already citizens of heaven. This well-known and respected Bible teacher shows how triumph in this present world can only come when we realize that while we live here, we don't really belong here. We belong in heaven, alongside our Father and Creator.

Finding God's Blessings In Brokenness

By Charles Stanley

Life brings so many hardships, from failed marriages to lost jobs, from health crises to broken relationships. How can we stay strong in our faith in spite of these obstacles? Trusted pastor and bestselling author Dr. Charles F. Stanley answers these questions and more in *Finding God's Blessings in Brokenness*. "Affliction acts as spiritual fertilizer on a believer's faith," he says and can enrich our hearts and spirit.

Perhaps you've already experienced circumstances so shattering that you may wonder if it's even possible to pick up the pieces. And maybe you can't. But God can—and the good news is He wants to reassemble the shards of your life into a wholeness that comes only from Him.

Heaven

By Randy Alcorn

According to Alcorn, the subject of heaven rates as one of the least accurately discussed subjects in the whole of Christendom. Alcorn is likewise astounded that the majority of Christians who do take time to consider heaven often possess faulty, nonbiblical assumptions, one of the most common being the misconception of heaven as a place of unending church services. The author has spent years studying what the Bible says about heaven, and in this compelling and comprehensive resource, he offers every conceivable question about heaven, or the "New Earth," as a Christian believer's ultimate destination.

Heaven For Kids

By Randy Alcorn

In a language kids can understand, Randy Alcorn explores Biblical answers to the questions kids often have about heaven. As in the adult title, *Heaven*, he addresses the difference between the present Heaven, where we go when we die, and the New Earth, where we will live forever with Jesus after he returns. Ages 8 and up.

Heaven: Your Real Home

By Joni Eareckson Tada

Step back for a moment, focus your eyes of faith, and then come with Joni into a world you've heard about from your youth but have never seen: heaven. You'll learn what heaven is like and who will be there - and how you can prepare your heart here on earth for the reality of heaven. You just might discover that heaven is closer - and more real - than you've ever thought.

Just Enough Light for the Step I'm On

Trusting God in the Tough Times

By Stormie Omartian

A collection of devotional readings perfect for the pressures of today's world.

Missing the Child You Love

H. Norman Wright

One of the most devastating losses a family can experience is the loss of a child. Whether the loss is through illness, accident, drugs, suicide, or other tragedy, the pain is overwhelming and often paralyzing. Often we think of "loss" as death. However, in our broken world, there are many ways to suffer the loss of a child. This book discusses how a family can learn to cope with the loss of a child due not only to death, but also to a custody battle, addiction (and other choices a child makes), chronic illness, crime (human trafficking, kidnap), and other issues. Wright helps readers through the grieving process and assists them in finding God's grace and comfort during this very difficult time of life. This book is unique as it is for parents as well as grandparents.

Tear Soup (for all ages)

This is a book and movie

Tear Soup is about a woman who has suffered a loss in her life. To help process her grief, the woman cooks up a batch of "tear soup" of which the ingredients are the emotions she has experienced. Along the way, she dispenses a recipe of sound advice for people who are in mourning or know someone who has suffered a loss. The book ends with a nice summary of Grandy's journey, "I've learned that grief, like a pot of soup, changes the longer it simmers and the more things you put into it. I've learned that sometimes people say unkind things, but they really don't mean to hurt you...and most importantly, I've learned that there is something down deep within all of us ready to help us survive the things we think we can't survive."

Tear Soup has incredible insight into the grieving process and puts it into simple metaphors that make it understandable. It also helps those going through it see that they are normal and helps those trying to be there for the grieving person understand what their loved one is going through. This story illustrates that it is acceptable for every reader to absolutely do grief "their way." This book may be difficult for preschool children to understand the significance of all the metaphors.

Biblical resources: John 14:18, Psalm 46:1, 2 Corinthians 1:3-4 Faith Talk Questions:

Where is God when you feel alone?

How long is the grief cycle? How do you cope?

What does the metaphor of tear soup represent in your life?

What other types of loss do people deal with during their lives?

Is there a difference between grieving the other losses and grieving a loved one that has died?

What smells evoke memories of a loss? How do you manage this from day to day?

This review was written by Union Presbyterian Seminary student Tim Tate.

Books for Elementary, Middle and High School

Healing Your Grieving Heart for Teens: 100 Practical Ideas

By Alan D. Wolfelt

Everett Anderson's Goodbye

Everett Anderson's father has died. Everette experiences denial of the death, anger, bargaining, depression, and finally - - after an undisclosed period of time—a kind of acceptance that his father has died. Everett's mother quietly supports him, and lovingly holds him when he cries. She understands the strong emotions Everett is having as he mourns. At the end of the story, Everett says, "I knew my daddy loved me through and through, and whatever happens when people die, love doesn't stop, and neither will I." We know that God loves us "through and through...." The words: "Love doesn't stop" remind us of the everlasting love and power of God that never "stops." Ages 6-10

When I'm With Jesus

By Kimberly Rae

When I'm With Jesus is created to minister to young children and older children, with large text for young readers or as a read-to book, and smaller text for older readers. Beautifully illustrated, When I'm With Jesus is a book that helps children see a loved one's transition to Heaven as a joyful thing. It comforts children with a tangible reminder that they have not been forgotten and are still loved.

DVD's

The Real Heaven

By Chip Ingram

DVD and CD

www.livingontheedge.org

Chip Ingram digs into scripture to reveal what our heavenly home will be like, what we'll do there, what we'll experience, and how we're to prepare for eternity today. If you've secretly thought that heaven sounded kind of boring, well, think again. In this series, you will discover the amazing truth of what awaits you there.

A Matter of Life and Death

By Louie Giglio Passion City Church

www.passionresources.com

DVD

In this series, Passion City Church Pastor Louie Giglio tackles fundamental life questions such as: Where do we go when we die? Is hell a real place? Is heaven real, and if so, is it somewhere we want to go? Does our life on earth affect our eternity? Pastor Louie answers these questions with biblical truth and makes us acutely aware of the beauty of heaven and the reality of hell. These messages teach us that God gives us the ability to embrace what the world fears most and that we have the opportunity to better leverage our lives here on earth. This series leaves us confident in the truth that with Jesus, death is life.

David Jeremiah Ministries

www.davidjeremiah.org

Great teachings on Heaven Angels

The resources listed below are suggestions. It is important for you to evaluate your emotional capability and the appropriateness for your situation. You need to look at the ratings and decide based on the information provided if it meets your personal standard. I have tried to provide a thorough overview of each movie. Please follow up with the list of questions in order to process and express thoughts and feelings evoked from the characters portrayed.

TV Shows and Movies Dealing with Loss and Grief:

Inside Out

Riley is a happy, hockey-loving 11-year-old Midwestern girl, but her world turns upside-down when she and her parents move to San Francisco. Riley's emotions -- led by Joy-- try to guide her through this difficult, life-changing event. However, the stress of the move brings Sadness to the forefront. When Joy and Sadness are inadvertently swept into the far reaches of Riley's mind, the only emotions left in Headquarters are Anger, Fear, and Disgust. I think this movie does a beautiful job portraying the varying emotions of grief when they are not communicated well. The reality is we need to invite others into our grief in order to heal. We need to discuss and have our feelings validated, but we do not need to let them define us. We must get the necessary tools to walk through the pain.

Loss of a Young Person

TV Series

This Is Us

This series does a great job portraying what complicated grief looks like in adults when it has not been dealt with appropriately as a child. If you have experienced grief, make sure you reach out for tools to help you through the process. And PLEASE get the necessary help for your kids. No one expects for you to know how to navigate through it alone!

Touched By An Angel

Angels are dispatched from heaven to inspire people who are at a crossroads in their lives. Monica, an angel who at times still needs some guidance with her earthly assignments, reports to Tess, her tough, wise, and always loving supervisor. Throughout the series, Monica is tasked with bringing guidance and messages from God to various people who are at a crossroads in their lives.

DVD'S

This is Our Time To Seize God's Calling (Christian)

Five friends connected through their faith in God go into the world to make a difference after graduation. After graduation, they each set out to make a difference in the world for God. Their ambitions are high, their passions are strong, but will they have the courage to fulfill their calling regardless of what comes their way? The sacrifice they are asked to pay may just be too high. Through Godly wisdom from an

outside source, the group realizes that this is not their time, after all, it's all His! God's sovereignty is beautifully illustrated and breathes hope when despair is trying to drown you.

Courageous (Christian)

This movie deals with the struggles of loss and grieving.

Sheriff's deputy Adam Mitchell endures a terrible personal tragedy that causes him to question what is really important to him. Taking comfort in his religion, Adam vows to become a better parent to his teenage son and convinces his friends on the force to sign a pledge that they will all strive to become better Christians and better parents.

To Save A Life (Christian)

Suicide. Sex. Teen pregnancy. Divorce. Drugs. Cutting. Hypocrisy.

Wasn't Christianity supposed to make life better? This film actively applies biblical principles to serious subjects teens struggle with every day.

Fifth Quarter (Christian)

Parents need to know that The 5th Quarter is a true story about a family and football team who come together in the aftermath of the tragic death of a 15-year-old boy due to reckless teenage driving.

Although it's ultimately an inspirational story, much of the first half of the movie shows the emotional devastation experienced by a family after the death of a loved one: scenes in the hospital and at the funeral and subsequent scenes in which family members try to cope with their loss. These scenes might be a bit much for younger or more sensitive viewers.

There also is some profanity and alcohol abuse, although the movie makes it clear that drinking to forget one's problems isn't effective. Overall the movie shows the power of family, faith, and friendship to help ease the tremendous difficulty of untimely death, and the film also shows the positive benefits of organ donation -- not only for the recipients of the needed organs but also for the families who agree to donate the organs of their beloved deceased.

Miracles from Heaven (Christian)

The TRUE Story of a Texas girl who fell 30ft down a hollow tree, landing on her skull, then 'met Jesus who cured her of a lifelong illness.

The Cure

The film takes place early on in the AIDS crisis before there were effective drugs, in a time when it was thought that only homosexuals and drug addicts had it. Dexter is picked on to the point where he can't go to school, and the only one who will talk to him is Erik.

A Walk to Remember

This film follows the rite of passage of a jaded, aimless high school senior who falls in love with a guileless young woman he and his friends once scorned. The two develop a powerful and inspirational relationship in which they discover truths that take most people a lifetime to learn. The novel was inspired by Sparks' sister, Danielle Sparks Lewis, who later died of cancer in June 2000.

The Shack

After suffering a family tragedy, Mack Phillips spirals into a deep depression that causes him to question his innermost beliefs. Facing a crisis of faith, he receives a mysterious letter urging him to an abandoned shack in the Oregon wilderness. Despite his doubts, Mack journeys to the shack and encounters an enigmatic trio of strangers led by a woman named Papa. Through this meeting, Mack finds important truths that will transform his understanding of his tragedy and change his life forever.

Cake

After a devastating car accident in which she lost her son, she joins a support group to help her deal with her chronic pain, only to lose a friend to suicide. It's all about grief, love, and healing. You'll need a box of tissues for this one.

Collateral Beauty

When a successful New York advertising executive (Will Smith) suffers a great tragedy, he retreats from life. While his concerned friends try desperately to reconnect with him, he seeks answers from the universe by writing letters to Love, Time and Death. When his notes bring unexpected personal responses, he begins to understand how these constants interlock in a life fully lived and how even the deepest loss can reveal moments of meaning and beauty.

Raise Your Voice

Terri Fletcher is a small-town girl with a great love of music and a fine singing voice. Already one of the lead vocalists in her church choir, Terri has also appeared at local nightspots with some help from her older brother. When he tragically dies in an auto accident, Terri becomes all the more determined to make the most of her talent, and she's elated when she's accepted as part of a summer study program at one of California's most prestigious music schools; however, Terri attends over the stern objections of her father.

Steele Magnolia's

M'Lynn is the mother of bride-to-be Shelby Eatenton, and as friend Truvy Jones fixes the women's hair for the ceremony, they welcome a helping hand from aspiring beautician. Diabetic Shelby has a health scare, which is averted but doesn't bode well for her hopes of having children. Time passes, and the women and their friends encounter tragedy and good fortune, growing stronger and closer in the process.

Steel Magnolias was originally a play Robert Harling wrote just months after his sister, Susan, died of complications from diabetes. It was written as a tribute to the strength of his sister, his mother, and the coterie of women who supported them.

Bridge to Terabithia

Parents need to know that this movie based on Katherine Paterson's classic children's novel isn't a fantasy adventure as much as it is a thoughtful drama. The story includes mature themes about loneliness, platonic love, parental affection, family relationships, religious/class differences, and even death. For example, a financially troubled father is emotionally distant from his son, while the mother seems too overwhelmed with five kids to connect to any of them. At school, kids are ridiculed because of their appearance, and a bully and her associates routinely terrorize younger kids. Due to a central character's death, sensitive children (or those who've experienced the loss of a loved one) may need to be comforted after the film.

Rabbit Hole

Becca and Howie are a young couple distraught after their four-year-old son is hit by a car and killed. Their relationship is put under enormous strain, made worse by the fact that Becca begins to secretly meet up with the young teenage driver involved in the fatal accident. A film that examines the unique and confusing nature of grief, *Rabbit Hole* examines a couple's relationship at the most fragile and fractured of times.

Brother Bear

An Inuit boy named Kenai pursues a bear in revenge for a battle that he provoked in which his oldest brother Sitka is killed. He tracks down the bear and kills it, but the Spirits, angered by this needless death, change Kenai into a bear himself as punishment. To be human again, Kenai must travel to a mountain where the Northern lights touch the earth, and learn to see through another's eyes, feel through another's heart, and discover the meaning of brotherhood.

The Christmas Blessing (Christian)

After losing a patient in surgery, medical resident Nathan Andrews takes a break from his career and returns to his small town roots. A chance encounter with an old acquaintance offers him a promise for the future, only for a tragedy to call into question everything he believes.

The Christmas Shoes (Christian)

The loss and subsequent return of a pair of shoes help a young boy give his terminally ill mother a wonderful present, while at the same time showing a heartless, workaholic lawyer the true meaning of Christmas.

The Christmas Hope (Christian)

After suffering a personal tragedy, Patty Addison, a social worker, throws herself into finding homes for children in need. With her marriage to Mark, an airline pilot, on the rocks, Patty feels it's the wrong time to temporarily take in 9-year-old Emily, who has just lost her single mother in a terrible car accident. However, sweet Emily quickly wins over Patty and Mark.

Loss of a Parent/Grandparent

The Ultimate Gift (Christian)

By Jim Stovall

When his wealthy grandfather dies, trust fund baby Jason Stevens anticipates a big inheritance. Instead, his grandfather has devised a crash course on life with twelve tasks--or "gifts"-- designed to challenge Jason in improbable ways, sending him on a journey of self- discovery and forcing him to determine what is most important in life: money or happiness.

Extremely Loud and Incredibly Close

Oskar, who lost his father in the 9/11 attack on the World Trade Center, is convinced that his dad left a final message for him somewhere in the city. Upon finding a mysterious key in his father's closet, Oskar sets out in search of the lock it fits. Feeling disconnected from his grieving mother and driven by a tirelessly active mind, Oskar has a journey of discovery that takes him beyond his loss and leads to a greater understanding of the world.

Remember Me

Tyler has had a strained relationship with his father since a family tragedy. Rebellious and troubled, he thinks no one can understand his pain. Then he meets Ally. Her warmth and spirit soon begin to heal him, and they fall in love. But just when Tyler begins to rediscover happiness and meaning in his life, emerging secrets threaten their romance.

Where the Lilies Bloom

This story is about a family of Appalachian children living in the backwoods who lose their father. The main character, Mary Call, is a fourteen-year-old girl who tries to keep the family together after their father's death.

Fly Away Home

When Amy Alden discovers a nest of goose eggs and brings them home to hatch, the newborns "imprint" on her, following her everywhere, claiming her as their mother. As they grow, Amy and her dad, Thomas, realize they must take on the responsibility of teaching them to migrate for the winter. From Canada to North Carolina, father, daughter, and geese all learn to fly together.

Big Fish

At its core, *Big Fish* is about reconciliation between a dying father and his son. The movie, directed by Tim Burton and starring Ewan McGregor, is fantastical, uplifting and sad all at once. The story centers around the grand storytelling of Edward Bloom, a traveling salesman now on his deathbed. Bloom's estranged son, trying to reconcile his relationship, visits his father and listens as Bloom recounts his incredible tales. McGregor plays the young Bloom who re-lives, to the chagrin of his son, his fantastical stories. This is a story of death and reconciliation that is a must see for people of all ages.

Lion King

The *Lion King* is the story of a young lion prince living in the flourishing African Pride Lands. Born into the royal family, precocious cub Simba spends his days exploring the sprawling savanna grasslands and idolizing his kingly father, Mufasa, while youthfully shirking the responsibility his position in life requires. When an unthinkable tragedy, orchestrated by Simba's wicked uncle, Scar, takes his father's life, Simba flees the Pride Lands, leaving his loss and the life he knew behind. Eventually accompanied by two hilarious and unlikely friends, Simba starts anew. But when the weight of responsibility and a desperate plea from the now ravaged Pride Lands come to find the adult prince, Simba must take on a formidable enemy, and fulfill his destiny to be king.

The Fox and the Hound

After his mother is killed, Tod the fox is taken in by the kindly Widow Tweed. He soon befriends the neighbor's new hound dog, Copper. The two are inseparable, but their friendship is hampered by their masters and by the fact that they are, by nature, enemies. They grow apart as they grow older; Copper has become a strong hunting dog and Tod a wild fox. The pair must overcome their inherent differences in order to salvage their friendship.

Nemo

It tells the story of the overprotective widowed clownfish named Marlin who, along with a regal blue tang named Dory, searches for his abducted son Nemo all the way to Sydney Harbour. Having feared losing

Nemo, Marlin would not let him do anything, and along the way, Marlin learns to take risks and comes to terms with Nemo taking care of himself.

Frozen

Elsa and Anna's mother and father were killed in a shipwreck. Elsa isolates herself when she becomes scared of herself and the powers she manifests. Instead of talking she in fear internalizes and cuts off others from her life. This is a story of fear and control as the characters come to terms with who they are and learn to trust in the process, building a better relationship due to the losses they are suffered.

The Brave Little Toaster

In this animated film, five sentient household appliances -- Toaster, Blanky, Radio, Lampy and a vacuum cleaner named Kirby -- living in an abandoned cabin have grown lonely. Longing to reunite with their owner, a young man named Rob, the appliances set off on a harrowing trek through the wilderness, surviving as best they can despite limited sources of electricity. Worse yet, when they arrive in the big city, they discover they may no longer be useful because of new, modern appliances.

The Land Before Time

Littlefoot, a young plant-eating dinosaur, is orphaned after his mother perishes while protecting him from a vicious carnivore. With her last breath, she tells him how to get to the legendary Great Valley, where he will be reunited with others of his kind. With his friend Cera, Littlefoot sets out for the fabled land, meeting a variety of new friends along the way -- while also being tracked by the killer dinosaur that mortally wounded his mother.

Loss of a Spouse

UP

The opening of this colorful animation is very heartwarming.

In a few short minutes, we're given a moving sketch of love and loss between husband and wife Carl and Ellie. Though the rest of the film follows Carl and boy scout Russell on a fantastical journey, grief and life after loss remain key themes throughout the film. With help from Russell, Carl learns that honoring Ellie's memory doesn't necessarily mean missing out on life's adventures.

Always

In the movie, "Always," Pete, a pilot for the forest fire service, dies in a mid-air explosion. After death, he is allowed to visit his girlfriend, Dorinda, to tie up loose ends. When Dorinda recklessly flies off to rescue six firefighters who are trapped on the ground, her plane crashes into a lake, and the dead Pete intervenes to save her from drowning. She is at a different point in her healing now, and she "chooses" life over death and lets go of the physical being of Pete. The movie does a good job of showing how the attachment to the physical being of the person weakens and finally is broken. At this point, many bereaved siblings tell me that they feel a burden is lifted, and that their sibling now lives within them, or that they have an ongoing spiritual sense of connection to their sibling. Instead of being spiritually buried themselves with their dead sibling, the dead sibling now moves into life with them. Many bereaved siblings have told me that it feels as if their brother or sister is with them all the time. Far from being a ghostly experience, this feels like a positive resolution of their grief.

P.S. I Love You

Holly Kennedy doesn't know what she's got in her husband, Gerry, until he's gone. Their decade-long marriage has been alternately passionate, frustrating, tender and antagonistic. Holly worries that they'll never achieve financial and professional success. Gerry's concerned that his wife lives in the future to the point that she misses the present. They both wonder if their marriage will make it. They fight. They make up. They wrestle in bed together. And that's all before the opening credits get underway.

Cut from those credits straight to Gerry's funeral. The vigorous Irishman has succumbed to a brain tumor. But knowing that his days were numbered, Gerry planned a year's worth of surprises for Holly and penned letters to go with each of them—all ending with P.S. I Love You. Enlisting the help of Holly's girlfriends, Gerry walks his widow through the grieving process—an unpredictable journey that leads all the way from the local gay bar to Ireland and back.

The suicide of Child/ Sibling

Ordinary People

An extraordinary motion picture, *Ordinary People*, is an intense examination of a family being torn apart by tension and tragedy. Donald Sutherland and Mary Tyler Moore star as the upper-middle-class couple whose "ordinary" existence is irrevocably shattered by the death of their oldest son in a boating accident.

Loss of a Friend

My Girl

My Girl is a bittersweet coming-of-age drama that deals with a lot of real-life issues, death being the focus of the story. Vada is a mature pre-teen (11) who lost her mother during birth and is living with her father, who runs a funeral home which often frightens Vada. Vada has strong issues with death. She's confused and seems unhappy most of the time. She dislikes her father's new love interest, and she's in love with a school teacher. She spends her days with her best friend Thomas J. who she eventually has her first kiss with. Thomas develops feelings for Vada, and after losing her ring, he secretly finds it for her hoping to surprise her with it. A tragedy takes place which changes Vada and the world around her.

Forever My Girl

Liam Page had it all in his quiet hometown of St. Augustine, Louisiana: the admiration, the talent, the girl. Until one sunny afternoon, he left his high school sweetheart at the altar, and everything changed.

Now, almost a decade later, the funeral of a close friend finds Liam, a popular country musician, back in the same small town from which he mysteriously fled. This time he can't run away.

Brokenness and despair land Liam on the doorstep of his childhood home where he must face his pastor father, the love of his life and the daughter he never knew he had. But the road to redemption is never easy. And Liam soon learns that no amount of fame can erase the memory of what he's done or the past he's been running from his entire life.

The film illustrates why choosing to move forward is difficult. Namely, it requires forgiveness of yourself and those around you. But the story also shows us why that hard journey of redemption is worth it in the end. And along this same road, we find others who are likewise trying to make their way back home after bad decisions or amid difficult circumstances.

The film's admirable emphasis on forgiveness and redemption, however, is told within the context of a sometimes raw story that doesn't sugarcoat its protagonist's flaws. Liam tends to douse his cares in alcohol—a habit it's not completely clear he's relinquished even after he turns his life with Josie and Billy around. **For that reason, this tender tale's portrait of brokenness and emotional healing is more appropriate for older audiences than younger ones.**