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Ecclesiastes 3

*3 There is a time for everything,
and a season for every activity under the heavens*



FAITH FELLOWSHIP

GOING FORWARD IN FAITH

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CHANGE / LOSS IS INEVITABLE

The promise of stability and hope can be ours in the sea of constant change. (*Ecclesiastes 3:3-8; Genesis 8:22*)

LOSS AS A BRIDGE TO A NEW EXPERIENCE

Offer what you have to the Lord; He has the means to meet your needs in a personal crisis. (*1 Kings 17:7-24*)

LIFE CONSISTS OF SEASONS OF LOSS AND GAIN

Remember that loss has boundaries. God's faithfulness is great; there is nothing that you can do to lose His love. (*Lamentations 3:23-24, Romans 8:38-39*)

MOVING THROUGH A CRISIS

Crisis calls us to find strength in the Lord Jesus Christ. Take the time to encourage yourself in the Lord by remembering how Jesus has brought positive change in past difficulties. (*1 Samuel 30*)

LOSING STRENGTH; LOST HEALTH

Our worth is based on the sacrifice of Jesus Christ. Failure is nothing more than an event, NOT a person. That which is sent to crush you God will make something good. (*Psalms 23*)

DEALING WITH LOSS IN A RELATIONSHIP

Where we experience Change and loss in relationships, there is fertile ground for new experiences of God's love.

Loss, grief and joy do not need to be separate. The Joy of the Lord gives hope for that which is to come. (*Acts 15: 36-41*)

DEALING WITH THE DEATH OF A LOVED ONE.

Grief does not have a time limit. Allow Jesus to comfort and guide you through your loss. Every life has a purpose. The sting of death is less severe for those who have lost a true Christian. (*Psalms 132*)

LOSS IS NEVER THE FINAL WORD.

The Kingdom of God is within us. Those who have faith in Jesus Christ have the present presence of heaven in their life. Heaven is not just near us; but IN us! Heaven is our reward. Although at death we are present with the Lord, we carry the Kingdom of God within us every day. (1 Corinthians 15:53-57)

DEALING WITH A SUDDEN LOSS

In the course of life there are times when something or someone that we value greatly is taken from us without warning. Don't let anger and bitterness fester. When you have been wronged seek God for guidance and trust that He will guide you and work on your behalf. (2 Samuel 15)

NEW BEGINNINGS; LEAVING OUR OLD IDENTITY BEHIND

Be willing to let go of the former things and allow Jesus to clothe you in His righteousness. (Isaiah 43:18-19)

A NEW CREATION

We are not just changed when we follow Jesus; we are transformed as completely as a caterpillar is transformed into a butterfly by the process of metamorphosis. (2 Corinthians 5:17)

EMBRACING NEW OPPORTUNITIES

A strategic "No" to one situation or opportunity may lead to a "Yes" for something better."

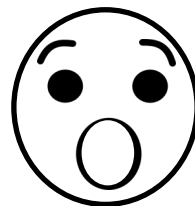
Three stages of change: 1. Living with loss 2. Transition 3. Embracing new opportunities. (John 12:24; Acts 7:8-14)

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5 STAGES OF GRIEF*

Grief is the emotion that we experience when we have lost someone precious to us. In theory there are several stages that we move through from the moment of the loss to our final acceptance of that loss. They are not cut and dry. Often our emotions pull us back and forth from one stage to the other as we head toward an acceptance of that loss.



DENIAL/SHOCK

This can not have possible have happened. There must be some mistake. The shock of the loss is too much to understand.



ANGER

Mad at the doctors, mad at myself for not doing something more. Angry at the world in general. Bitterness can set in here if it goes on too long.



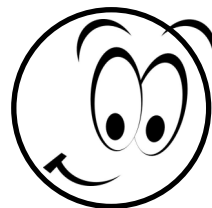
BARGAINING

I hear myself saying "If only I had ..." Wishing for more time with my loved one. Believing that my loved one wouldn't have died or I wouldn't have lost something [personal or material] if I had only [fill in the blank].



DEPRESSION

Wondering if life is worth living without that which is lost. Spending too much time sleeping. Making s 'shrine' to my love one; life seems to be at a standstill. Will I ever be whole and happy again? This is a time of deep mourning



ACCEPTANCE

Loss isn't the end of life and living; it's the beginning of a new path. This doesn't mean forgetting your loved one; it does mean moving forward in this life that God has given us.

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*KUBLER-ROSS THEORY