



Grief

RESOURCE GUIDE



Description

The death of a loved one provokes many complex emotions. In the shock of grief, planning a memorial service to honor, remember, and celebrate loved ones who have passed away can feel overwhelming. During these difficult times, we want to come alongside you and support, comfort, and help with designing a meaningful memorial service.

Bible Verses

- Psalm 34:18 "The Lord is near to the brokenhearted and saves the crushed in spirit."
- Matthew 5:4 "Blessed are those who mourn, for they shall be comforted."
- 2 Corinthians 1:3-4 "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."
- Revelation 21:4 "He will wipe every tear from their eyes, and there will be no more death or sorrow or crying or pain. All these things are gone forever."

Links

[GRIEF & SUFFERING: ASK DR. BETTERS](#)

Books

***Grieving the Loss of Someone You Love: Daily Meditations to Help You Through the Grieving Process* -Raymond Mitsch**

This series of thoughtful daily devotions can help you endure the anguish and uncertainty, understand the cycles of grief, sort through the emotions of anger, guilt, fear, and depression, and face the God who allowed you to lose the one you love.

[PURCHASE HERE](#)

***Grieving with Hope: Finding Comfort as You Journey through Loss* -Samuel J. IV Hodges**

Practical and straightforward, yet warm and compassionate, *Grieving with Hope* clarifies the popular misconception that people move through stages of grief. This will be an encouragement to many, as grieving people often think something is wrong with them when their grief doesn't proceed neatly through stages. The reality is that grieving people jump back and forth between different emotions, sometimes wrestling with multiple emotions at once. This book is packed with short, biblically based, gospel-centered, topical chapters addressing the issues grieving people face but are often hesitant to mention to others. It helps readers accurately interpret the message their emotions are sending them and gently guides them to determine whether they're grieving in a way that leads to hope and ultimate healing. Developed from interviews with over 30 well respected Christian counselors, teachers, and authors, as well as numerous personal testimonies, *Grieving with Hope* helps the bereaved discover how hope and peace are available amidst their heartache and pain.

[PURCHASE HERE](#)

***Experiencing Grief* -H. Norman Wright**

At one time or another, we will all find ourselves facing a dark journey—the passage through grief. *Experiencing Grief* is written for a person who is in the wake of despair grief leaves. This brief but powerful book will help lead readers out of their grief experience through five stages of grief. At the end of the journey is peace and a seasoned, more mature faith.

[PURCHASE HERE](#)

Central Resources

- **TALK TO SOMEONE**

- **LOOKING FOR COUNSELING?**

- **GRIEF SHARE**

Grieving is a complex process that is hard to do on your own. During this difficult time, we want to come alongside you to connect and support you. Grief Share is done in a life group format led by trained facilitators who are there to encourage and challenge you to grieve loss and to regain your balance. This class is for those who have experienced the loss of someone through death.

- **MEMORIAL SERVICES**

The death of a loved one provokes many complex emotions. In the shock of grief, planning a memorial service to honor, remember, and celebrate loved ones who have passed away can feel overwhelming. During these difficult times, we want to come alongside you and support, comfort, and help with designing a meaningful memorial service. Please contact us as soon as you are in need so we can serve you to the best of our abilities:

- MESA, GILBERT AND QUEEN CREEK CAMPUSES
Contact our team at (480) 924-4946 or at visitation@centralaz.com.
- GLENDALE CAMPUS
Contact Dean Kuest at (623) 937-2741 or at dean.kuest@centralaz.com.