



Ancient and Contemporary Wisdom For Times of Grief

The Lord is near to the brokenhearted and saves the crushed in spirit. Psalm 34:18 (ESV)

And I will be a father to you, and you shall be sons and daughters to me," says the Lord Almighty. 2 Corinthians 6:18 (ESV)

Jesus wept. John 11:35 (ESV)

He has made everything beautiful in its time. Also, He has put eternity into man's heart; yet so that he cannot find out what God has done from the beginning to the end. Ecclesiastes 3:11 (ESV)

Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand. Isaiah 41:10 (ESV)

Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. Psalm 23:4 (ESV)

For I know the plans I have for you," declares the Lord, "plans for welfare and not for evil, to give you a future and a hope." Jeremiah 29:11 (ESV)

"Sorrow comes in great waves... but rolls over us, and though it may almost smother us, it leaves us. And we know that if it is strong, we are stronger, inasmuch as it passes and we remain." Henry James

"We all want to do something to mitigate the pain of loss or to turn grief into something positive, to find a silver lining in the clouds. But I believe there is real value in just standing there, being still, being sad." John Green

"It takes strength to face our sadness and to grieve and to let our grief and our anger flow in tears when they need to. It takes strength to talk about our feelings and to reach out for help and comfort when we need it." Fred Rogers

When you try your best, but you don't succeed
When you get what you want, but not what you need.
When you feel so tired, but you can't sleep...Lights will guide you home." Coldplay

Scripture quotations marked (ESV) are from the ESV Bible (The Holy Bible, English Standard Version), copyright 2001 by Crossway, a publishing ministry of Good News Publishers. Used by permission. All rights reserved.

How Can You Help a Grieving Student?

You may want to make the pain go away for your grieving student, but it's important to know that grieving a loss is healthy, Biblical and necessary.

Pray for Your Student

Ask God to provide for your student in their time of distress. Pray for wisdom and discernment as you respond.

Check In

It's important for a grieving person to know that she or he is not alone. Reach out regularly.

Ask "What do you need?"

Your student may need practical or emotional support.

Words Aren't Always Necessary

Your student may just need someone to be present with him or her without talking.

Seek Professional Support

Help your student get professional support or counseling when needed.



**ENGAGING
CONVERSATIONS**

Helping Students Talk Through Difficult Situations

www.miYouthAlive.com/EngagingConversations