**Edward Christian Church Grief Recovery-*Living at Peace with Loss –*pt7May 31, 2016**

**Who has not** questioned **the** reason **for** pain **/** suffering **in the world? Some people have become** hardened **by their** losses**,** others **have become** softened**—God** used **their** grief **to** cultivate **in them** tender**,** understanding **hearts.** Just **Know** that **Jesus Understands =** *"A Man of sorrows and acquainted with grief."* -**Isaiah 53:3**

**What Are the Side Effects of Severe Grief?**

When your **heart** breaks over a **great loss**, **intense** grief will **touch** every aspect of your **life**—your **body, soul, / spirit**. The **effects** of this **intense** grief will **vary** in degree, ranging from **mild to severe**, depending on where you **are** in the grieving **process**. While you may **not** experience **all** the effects, **everyone** will experience **some** of them. **Realize** that these **effects** are **common** to everyone who **grieves** and are **temporary**... as long as you **face** the **pain** of your **loss** and **work through** the **grief process**. David recounts **both** the **bitterness** of his **grief** and the **assurance** of **God's Presence**.

*"When my heart was grieved and my spirit embittered, I was senseless and ignorant; I was a brute beast before you. Yet I am always with you; you hold me by my right hand. You guide me with your counsel, and afterward you will take me into glory."* -**Psalm 73:21-24**

* **Physical Effects:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
	+ **exhaustion**
	+ **headaches**
	+ **inability** to sleep
	+ **indigestion**
	+ **loss** of appetite
	+ **stress-induced** illnesses\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **Social Effects:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
	+ **antisocial** behavior
	+ **awkwardness**
	+ **escape** behaviors (excessive **drinking, drugs, travel, gambling, sex**)
	+ excessive **busyness**
	+ **tensions** in existing relationships
	+ **withdrawal\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
* **Emotional/Mental Effects:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
	+ **depression** and anxiety
	+ **dreams** about the deceased
	+ **forgetfulness** and disorganization
	+ **guilt** and **anger**
	+ **loneliness** and **withdrawal**
	+ **threats** of **self**-destruction/suicide\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **Spiritual Effects:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
	+ **anger** at God
	+ **doubting** the **love, fairness**, and **faithfulness** of God
	+ **fear** of God and **dread** about the **future**
	+ **inability** to **pray** or **read** the Bible
	+ **withdrawal** from spiritual **activities**
	+ **questions** about **why** God **allowed** the loss\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*"Why is life given to a man whose way is hidden, whom God has hedged in? For sighing comes to me instead of food; my groans pour out like water. What I feared has come upon me; what I dreaded has happened to me. I have no peace, no quietness; I have no rest, but only turmoil."* -**Job 3:23-26**