Red Bird
MINISTRIES

Grief Reflection Questions

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Here we present you with some thoughts and questions to consider in your grief. We encourage you to bring these questions to prayer, and reflect on them in conversation with the Lord. We hope these questions combined with the guidance of the Holy Spirit will help you unlock your inner wisdom as you work through your grief.

Grief is a universal human experience. Grief is also a unique experience for everyone. The way we grieve is a reflection of our personalities, past experiences, personal preferences, and our relationship with the one who died. It is a common frustration between spouses when they have very different grieving styles and needs. Imagine God himself coming down to tell you that your spouse is grieving in exactly the way they need to. Does that allow you to open your heart to your differences in grieving styles and needs? The same ideas can be applied to any relationship where differences in grief styles are difficult.

Guilt is a common emotion after the loss of a child. Have you ever used the words "*shouda, coulda, woulda*" to describe something you wish you would have done differently? Ask the Lord for the grace to start letting go of the things that were not in your power to know, change, or prevent.

Though the terms grief and mourning are often used interchangeably, they are two different things. Grief is the internal emotions and experience and mourning is the outward actions that we do to express our grief. How might you continue to express your grief in creative and healing ways?

Have you had moments when you were ashamed of how you were handling your grief? Is your grief being complicated by trying to meet the expectations of how others think you should grieve? How are you doing with listening to the inner wisdom that can guide you in your grief?

Has anyone ever said something to you in your grief that has broken your heart? Pray with Luke 23:34, *Father, forgive them; for they know not what they do*.

The people in our life often want to help, but don't know what to say or do. Sometimes, their attempts to help cause us more pain. We know this to be true in grief. Have you felt that your needs have been met in your grief? If not, how can you teach the people in your life what you need? Can you reach out and make connections to others who may be able to help? How can you advocate for your own needs?

Do you feel like your grief is something you need to get rid of? What if you consider grief as a teacher? How is your grief helping you grow in wisdom and love?

Grief is not something that will ever "go away." It is something we cannot escape or avoid. The way to move forward in grief is to befriend and integrate it into our lives. How can you turn *toward* your grief and start to move forward *with* it?