



## GRIEF COMPONENTS

- ❖ **SHOCK** - *"this can't be happening to me"*
- ❖ **DENIAL** - disbelief and isolation; inability to separate reality from fantasy (hearing voices; seeing glimpses of people)
- ❖ **EMOTIONAL SWINGS**
  - Anger** - inadequate targets of anger
  - Tears and emotional mood swings**
  - Panic attacks**
  - Remorse** - *"if only"* statements
  - Despair** - depression, hopelessness, inadequacy
- ❖ **BARGAINING** - making deals and evaluating new situations in light of past events
- ❖ **RESOLUTION** - acceptance of loss and beginning again

## CRISIS EVENT

*Any event in which people are beyond their normal ability to cope.*

## SYMPTOMS & REACTIONS

### 1. ACT AS ADULTS

- ❖ Denial - "no big deal"
- ❖ Hide emotion - suppress thoughts and feelings to avoid confrontation
- ❖ Need to be "in control" and away from a sense of danger

### 2. REVERT TO CHILDLIKE ROLE

- ❖ Wanting unusual attention
- ❖ Wanting needs met immediately
- ❖ Rebellious acts of frustration

### 3. OTHER

- ❖ Unusual anger at unfairness of event
- ❖ Judgmental about their own behavior and behavior of others ("if only" ...)
- ❖ Suspicious and guarded in their reaction to others
- ❖ Fear that event may repeat itself
- ❖ May adopt events that they did not experience (need to fill in gaps)
- ❖ Questions about God
- ❖ Withdrawal from God and the church
- ❖ Depression
- ❖ Psychosomatic illness
- ❖ Alcohol and drugs may pose a temptation as a means of coping

### 4. PHYSICAL/EMOTIONAL

- ❖ Fatigue - continued need to sleep or sense of being tired
- ❖ Muscle tremors or twitches
- ❖ Headaches and dizziness
- ❖ Difficulty in sleeping
- ❖ Apathy and a lack of desire to participate in normal activities
- ❖ Eating difficulty
- ❖ Diarrhea and/or nausea
- ❖ Irritability or bursts of anger
- ❖ Difficulty concentrating
- ❖ Survival may contribute to a sense of invincibility

## HOW TO HELP

1. Rebuild and reaffirm family attachments and relationships. Love and care in the family is a primary need. Extra time should be made available so that comfort is found in the parent still being a protector and nurturer. Physical closeness is needed.
2. Build in family times of sharing and praying. This will allow the young person to know that what they think and feel is OK.
3. Fashion times and/or opportunities where the story can be told. This may be a continuing saga where the story is told in bits and pieces.
4. Ask questions in a way that does not threaten security. "How do you think \_\_\_\_\_ at church is feeling about \_\_\_\_\_ ?"
5. Be tolerant of inappropriate actions and respond to anger with, "I understand you are mad, but let's...."
6. Allow for the discussion of "pet theories" of the event. This allows the young person to reassert some degree of control over his or her environment.
7. Be frank about the reality of the event and any fears that may follow. This will include any questions as to why God would allow (or permit) the event to occur.
8. Reaffirm hope and faith in God. Future events and opportunities can help rebuild a positive outlook on life and God's provision for His people.

This material provides general observations to assist parents and caregivers. It is not designed to take place of professional counseling. For additional help contact your pastor, or Christian counselor. Provided by the BAPTIST GENERAL CONVENTION OF TEXAS

214-828-5291

equipping@bgct.org

## SCRIPTURAL RESOURCES

### PSALM 46:1-11

#### *God is our refuge and strength*

- 1 God is our refuge and strength, an ever-present help in trouble.
- 2 Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea,
- 3 though its waters roar and foam and the mountains quake with their surging.
- 4 There is a river whose streams make glad the city of God, the holy place where the Most High dwells.
- 5 God is within her, she will not fall; God will help her at break of day.
- 6 Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts.
- 7 The LORD Almighty is with us; the God of Jacob is our fortress.
- 8 Come and see the works of the LORD, the desolations he has brought on the earth.
- 9 He makes wars cease to the ends of the earth; he breaks the bow and shatters the spear, he burns the shields with fire.
- 10 "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."
- 11 The LORD Almighty is with us; the God of Jacob is our fortress

### JOHN 14:1-4 & 27

#### *God's provision*

- 1 "Do not let your hearts be troubled. Trust in God; trust also in me.
- 2 In my Father's house are many rooms; if it were not so, I would have told you. I am going there to prepare a place for you.
- 3 And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am.
- 4 You know the way to the place where I am going."
- 27 Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

### MATTHEW 11:28-30

#### *You who are heavy laden*

- 28 "Come to me, all you who are weary and burdened, and I will give you rest.
- 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.
- 30 For my yoke is easy and my burden is light."

### ISAIAH 63:9

#### *He too was distressed*

- 9 In all their distress he too was distressed, and the angel of his presence saved them. In his love and mercy he redeemed them; he lifted them up and carried them all the days of old.



### ROMANS 8:28-39

#### *God's love and presence*

- 28 And we know that in all things God works for the good of those who love him, who have been called according to his purpose.
- 29 For those God foreknew he also predestined to be conformed to the likeness of his Son, that he might be the firstborn among many brothers.
- 30 And those he predestined, he also called; those he called, he also justified; those he justified, he also glorified.
- 31 What, then, shall we say in response to this? If God is for us, who can be against us?
- 32 He who did not spare his own Son, but gave him up for us all--how will he not also, along with him, graciously give us all things?
- 33 Who will bring any charge against those whom God has chosen? It is God who justifies.
- 34 Who is he that condemns? Christ Jesus, who died--more than that, who was raised to life--is at the right hand of God and is also interceding for us.
- 35 Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword?
- 36 As it is written: "For your sake we face death all day long; we are considered as sheep to be slaughtered."
- 37 No, in all these things we are more than conquerors through him who loved us.
- 38 For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

### PSALM 23

#### *God's presence*

- 1 The LORD is my shepherd, I shall not be in want.
- 2 He makes me lie down in green pastures, he leads me beside quiet waters, he restores my soul. He guides me in paths of righteousness for his name's sake.
- 4 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.
- 5 You prepare a table before me in the

- 6 presence of my enemies. You anoint my head with oil; my cup overflows. Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.

### REVELATION 21:1-7

#### *New heaven and new earth*

- 1 Then I saw a new heaven and a new earth, for the first heaven and the first earth had passed away, and there was no longer any sea.
- 2 I saw the Holy City, the new Jerusalem, coming down out of heaven from God, prepared as a bride beautifully dressed for her husband.
- 3 And I heard a loud voice from the throne saying, "Now the dwelling of God is with men, and he will live with them. They will be his people, and God himself will be with them and be their God.
- 4 He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away."
- 5 He who was seated on the throne said, "I am making everything new!" Then he said, "Write this down, for these words are trustworthy and true."
- 6 He said to me: "It is done. I am the Alpha and the Omega, the Beginning and the End. To him who is thirsty I will give to drink without cost from the spring of the water of life.
- 7 He who overcomes will inherit all this, and I will be his God and he will be my son.

### PSALM 22:23-24

#### *God's availability*

- 23 You who fear the LORD, praise him! All you descendants of Jacob, honor him! Revere him, all you descendants of Israel!
- 24 For he has not despised or disdained the suffering of the afflicted one; he has not hidden his face from him but has listened to his cry for help.

### I CORINTHIANS 15:51-54

#### *God's victory over death*

- 51 Listen, I tell you a mystery: We will not all sleep, but we will all be changed--
- 52 in a flash, in the twinkling of an eye, at the last trumpet. For the trumpet will sound, the dead will be raised imperishable, and we will be changed.
- 53 For the perishable must clothe itself with the imperishable, and the mortal with immortality.
- 54 When the perishable has been clothed with the imperishable, and the mortal with immortality, then the saying that is written will come true: "Death has been swallowed up in victory."

*All Scripture references taken from the  
NEW INTERNATIONAL VERSION*

# BGCT

BaptistGeneralConventionOfTexas

*Together we can do more.*