



In the Midst of Grief

Note Starters

It's hard to know what to say to someone who has suffered a loss of:

- health
- a loved one
- a job
- a home
- mobility
- insurance
- hearing or sight
- financial security
- a dream
- a relationship
- a pet
- independence

It's difficult to see a friend or loved one grieving, and while we can't take away their pain, we can pray, be present, and offer a few encouraging words. What matters is not the length of our message, but the simplicity of a few well-chosen words and the gift of our unhurried presence.

GRIEF NOTE STARTERS

I'm not sure what to say in the face of such a difficult loss. I just want you to know that I care, and that I share in your sadness.

Friend, there are no words for something as heartbreaking as this. I wish you didn't have to know this pain.

Lord, there is a time to grieve, a time to mourn, and a time to sigh. As [Jordan] mourns, please reveal Yourself to be [his/her] Comforter. Be present, Lord, and bring hope. In Jesus' name, amen.

Missing [Henry] right along with you.

I'm devastated by the news of [Terry's] passing. You're in my thoughts.

I'm so sorry you've had to let go of the dreams you were cherishing.

I am so sorry for your loss. May peace be with you during this difficult time.

Lord, please wrap Your arms around my dear friend, [Pat], today as [he/she] mourns the passing of [Jess]. Hear the cry of [Pat]'s heart, Lord. Amen.

Visit chronic-joy.org for more resources.



O God of all sufficient grace, we look to You in this time of sorrow. May Your grace be sufficient for my grieving friend. May your power be shown to be perfect in loss and weakness. Bring comfort and peace. Bring grace upon grace, Lord, amen.

Grief has no expiration date. I'm here to listen whenever you want to talk.

Come rest a minute. Let's talk about and remember all those sweet memories. Your [dad] was a great [man and father].

I have no words...but I want you to know I love you and am here for you.

Oh [Jordan], you loved [your pet] so much. [He/She] brought you so much joy. I'm so sorry!

I heard about [Taylor] and want you to know I am thinking of you in this difficult time.

Lord, bring your comfort, peace, and strength to [Chris] in this time of sadness and loss. Remind her that *You heal the brokenhearted and bind up their wounds.* (Psalm 147:3)

I just heard about [Jamie]. I'm so sorry for your loss! I can't be there in person right now, but I am here for you in whatever way I can help.

I just wanted to let you know I'm thinking of you, praying for you, and grieving with you.

God is our refuge and strength, a very present help in trouble. (Psalm 46:1) Thinking of you, dear friend!

I'll never forget your [daughter]'s kindness and compassion. May you find comfort in knowing she left a beautiful mark on everyone she met.

Lord, You told us to call on You in the day of trouble. Today, we are greatly troubled. Grief can feel so overwhelming, so unending, so all-encompassing, and so impossibly painful. We can't bear this on our own, so we come to You, Lord. Bring us Your comfort. In Jesus' name, amen.

*Be merciful to me, Lord, for I am in distress;
my eyes grow weak with sorrow,
my soul and body with grief.*
(Psalm 31:9)

chronic-joy.org/midst-of-grief

