

Reflections

A GRIEF JOURNAL BY GRIEFSHARE

This journal belongs to:

Date:

GRIEF  SHARE®

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SECTION 1

My Journey

REFLECTING ON YOUR DAY-TO-DAY LIFE

Shock. Confusion. Anxiety. Anger. Your grief can take you down unexpected roads. The questions in this section will guide you to reflect on your daily situations in a way that promotes healing.

You can write about a frustrating moment, a worry, or a question you struggled with today. Or, you could write about something positive that happened or a healthy choice you made.

Questions

Use these questions to guide you as you write about significant experiences or situations in your journal. See p. 5 for more journaling tips.

- 1. What is—or has been—on your mind?**
- 2. What challenges (or steps forward) did you experience today?**
- 3. How did you feel about your challenges (or steps forward)?** (*How I Feel guide, p. 219.*)
- 4. Did you make any significant decisions today? How did it go?**
- 5. What does the Bible say about today's thoughts, feelings, and actions?** (*What Does the Bible Say?, p. 223.*)

Reflections

___/___/___

SAMPLE

QUESTIONS

1. What's on your mind?
2. Challenges (or steps forward)?
3. How did you feel?
(Feelings guide, p. 219)
4. Significant decisions?
5. What does the Bible say?
(Topical guide, p. 223)

SAMPLE

TIP

You don't need to go through this journal "in order." Write on whatever page you'd like, whenever you'd like.

Reflections

___ / ___ / ___

SAMPLE

QUESTIONS

1. What's on your mind?
2. Challenges (or steps forward)?
3. How did you feel?
(Feelings guide, p. 219)
4. Significant decisions?
5. What does the Bible say?
(Topical guide, p. 223)

SAMPLE

Reflections

___/___/___

SAMPLE

Loneliness

The loneliness that occurs after the death of a loved one is painful to bear and hard for other people to understand. Maybe you've tried to fill the emptiness, but without success. When you feel lonely, turn to these pages to let out those feelings and to find encouragement and hope.

“She isn't there to talk to, and I feel all alone.”

DAVID

HEARING FROM GOD

Turn to me

and be gracious to me, for
I am lonely and afflicted.
Relieve the troubles of my
heart and free me from
my anguish.

PSALM 25:16-17

Reflections

___ / ___ / ___

When you are alone, what troubles weigh heavily on you?

How would you like God to help you with them?

SAMPLE

My Journey

___ / ___ / ___

Express your thoughts on loneliness or any other challenges you're facing.

SAMPLE

SAMPLE

A father to the fatherless, a defender of widows, is God in his holy dwelling.

PSALM 68:5

HEARING FROM OTHERS

“I can still remember that first night going to bed alone, and as I closed the door in my room, I remember just crying out two words to God, ‘Help me.’ And you know, He did.”

JOYCE

Reflections

___ / ___ / ___

**Do you cry out to God when you feel lonely?
Why or why not?**

**In what ways has God helped you so far on your
recovery journey?**

SAMPLE

Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

PSALM 23:4

Milestones

A milestone sits at the side of the road, to tell you where you are, how far you've come, and what might be coming next. What milestones are you seeing in your life? You might record the first time you were able to return to a favorite restaurant the two of you frequented or a time when you accomplished a task you would not have thought possible in the past. Such milestones mark where obstacles were overcome and where areas of personal growth reinvigorated life after loss.

Tracking My *Journey*

1. _____ _ / _ / _

2. _____ _ / _ / _

3. _____ _ / _ / _

4. _____ _ / _ / _

5. _____ _ / _ / _

6. _____ _ / _ / _

7. _____ _ / _ / _

8. _____ _ / _ / _

9. _____ _ / _ / _

SAMPLE

10. _____ / /

11. _____ / /

12. _____ / /

13. _____ / /

14. _____ / /

15. _____ / /

16. _____ / /

17. _____ / /

18. _____ / /

19. _____ / /

SAMPLE

WHAT DOES *the Bible Say?*

HELPFUL BIBLE VERSES FOR THE GRIEF JOURNEY

Turn to these pages to find helpful Bible verses that are related to the struggles you may be facing. You can also jot down other verses in your journal, as you continue to discover verses that are meaningful to your journey.

**My soul is weary with sorrow;
strengthen me according to your word.**

PSALM 119:28

**For everything that was written in
the past was written to teach us, so that
through the endurance taught in the
Scriptures and the encouragement they
provide we might have hope.**

ROMANS 15:4

ANGER

PROVERBS 15:18

A hot-tempered person stirs up conflict, but the one who is patient calms a quarrel.

PROVERBS 19:11

A person's wisdom yields patience; it is to one's glory to overlook an offense.

COLOSSIANS 3:13

Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.

EPHESIANS 4:26

"In your anger do not sin": Do not let the sun go down while you are still angry.

HEBREWS 12:15

See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many.

ANXIETY/FEAR

ISAIAH 41:10

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

MATTHEW 6:31-33

So do not worry, saying, "What shall we eat?" or "What shall we drink?" or "What shall we wear?" For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well.

PHILIPPIANS 4:6-7

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.