

What is Surviving Grief?

It is a Christ centered, group oriented session, where healing is generated by applying God's word to your broken heart with much prayer.

How much does it cost?

It is free

What is expected of me?

1. A desire to be healed, and willing to work toward that end
2. Willing to participate in the process by being accountable for weekly homework
3. Respect for others in the group
4. Honesty and openness
5. Regular attendance is mandatory
6. Ability to keep confidential what you hear in the meetings

"Come to Me, all who are weary and heavy-laden, and I will give you rest."

Jesus Christ, Matthew 11:28

Surviving Grief

Winter session begins TBA

Meets every TBA

6:00pm – 8:00pm

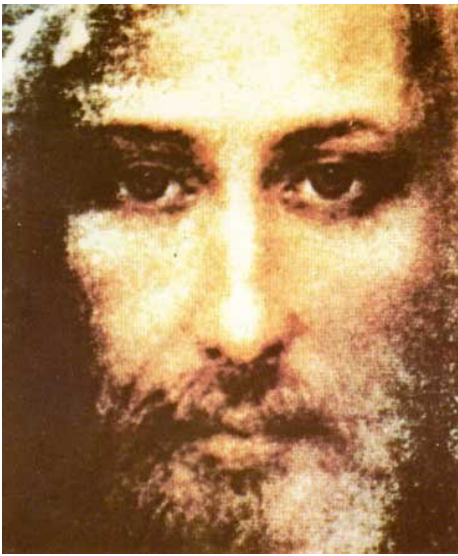
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Surviving Grief

You are not alone

"The Lord is near to the brokenhearted and saves those who are crushed in spirit." David, Psalm 34:18



I know all about grief and sorrow

What is grief?

The painful emotional reaction we have to a real or perceived loss in our lives, characterized by an abrupt, and dramatic change in disposition, behavior, physical condition, daily routines, overall mental health, and outlook on life. Interests that were once important, are now discarded, and others that were previously dismissed are now embraced.

What is the root cause of grief?

Death. Not necessarily a physical death, but more precisely the death of a relationship. A relationship is defined as the connection, or bond, between two or more things, whether animate or inanimate. If grief exists, then a living being is a party to the broken relationship.

What are some specific relationship death-events?

1. Divorce
2. Loss of job, health, wealth, status
3. Estrangement from someone, or something dear to you
4. Death of spouse, child, parent, pet, or friend
5. Loss of identity (change in the definition of who we are)

Is grief a bad thing?

Absolutely not. It is normal and necessary. On the contrary, not grieving a traumatic loss is detrimental to our emotional health. Grieving a loss takes time, the greater the loss, the more time it takes. Does this mean we must totally let go? Of course not, that would be like forgetting life experiences, good or bad, and never learning from them. However, we must come to grips with our loss, to the point where the loss no longer defines us. The loss is not forgotten, but it doesn't control our life anymore.

What exactly are some of the symptoms of grief?

1. Dramatic changes in: Sleep, appetite, interests, and friendships
2. Unusual lifestyle changes, and unstable relationships

3. Anger, bitterness, overwhelming sadness, or constant agitation
4. Inability to function at normal levels
5. Abandonment of moral integrity

What are the qualifications of the leaders?

Kent and Melinda Young, have both been divorced, both raised two sons as a single parent, both lost their worldly possessions, and both are now equally devoted to serving the Lord.

Kent owned and operated a trucking business for forty years, hauling shrimp from the Gulf Coast, but hurricane Katrina destroyed most of his customers overnight. Four years later the business closed.

After Melinda's divorce, she had no car, no job, and no phone, but still managed to go back to school and become an x-ray technician. For the past twenty years she has specialized in mammograms at Union County Hospital.

Together they are involved in several outreach ministries, this program being one of them. Over one hundred people have been through some form of it since 2010, and all received as much healing as they truly wanted. They have also authored a workbook titled "How to Not Marry the Wrong Person".