

## Understanding and Managing Grief: A Biblical Perspective

"Blessed are those who mourn, for they will be comforted." - Matthew 5:4

We are a grieving people. Every day, 30 million people in the United States are grieving. We grieve the loss of life, the loss of independence, the loss of jobs and income, the loss of marriage through divorce, the loss of connection through moving or incarceration, the loss of dreams unrealized. Loss is part of life, and God cares about and addresses grief and loss throughout scripture. In this study, we will seek a better understanding of the grieving process by diving into God's word and learning from Job and his friends. We will also take a look at the wisdom offered by mental health professionals as we learn about the stages, symptoms and characteristics of grief. Throughout the study, we will have the opportunity to examine how we personally manage grief as well as how we help others manage grief.