

Supermarket Flowers

Exodus 7-12

James 1:2-8

(& Ed Sheeran)

Facing up to Grief



Facing up to Grief Badly!

- Selfishness
- Go!
- Come back!
- Anger
- Fixation



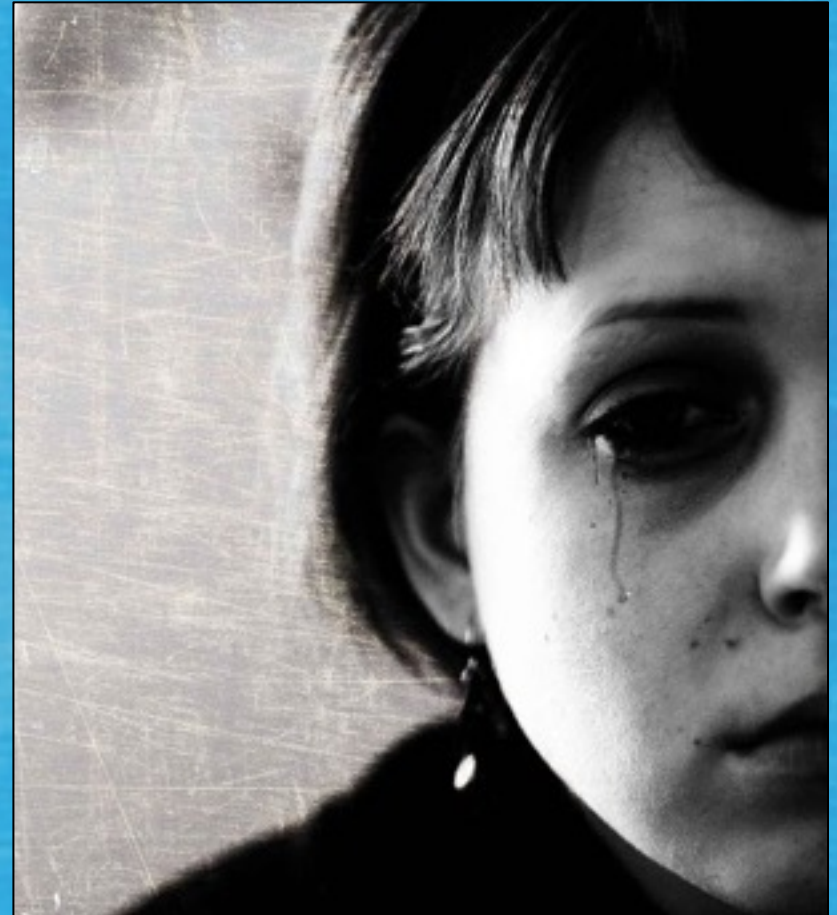
“The problem of reconciling human suffering with the existence of a God who loves, is only insoluble so long as we attach a trivial meaning to the word ‘love’, and look on things as if man were the centre of them. Man is not the centre. God does not exist for the sake of man. Man does not exist for his own sake.

‘Thou hast created all things, and for thy pleasure they are and were created.’”

C S Lewis – The Problem of Pain

Facing up to Grief Well

- Let yourself grieve
- Allow time
- Accept help
- Talk about them



Facing up to Grief Well

- Avoid major changes
- Find a listening ear
- Keep close to God

