



Video 1: Understanding Grief and It's Symptoms

Runtime: 30 minutes

Welcome to Session 1

In this session we will be discussing grief, its causes, some mistaken ideas and truths associated with grief, and what grief looks like.

Our Goal: To Bring Understanding

When He (Jesus) saw the crowds, He was moved with compassion and pity for them, because they were dispirited and distressed, like sheep without a shepherd." Matthew 9:36-38 Amplified Bible

Dispirited: Lost hope

Distressed: Extreme anxiety, sorrow or pain, grieved

The verse continues:

Then He said to His disciples, "the harvest is indeed plentiful, but the workers are few. So pray to the Lord of the harvest to send out workers into His harvest."

Jesus saw the troubles that this world brings and for this reason he says later in John 14:16/John 16:7, *"It is good that I go so that I can send you a Helper, the Holy Spirit.*

It is important to understand this issue of grief as a caregiver, social worker, or whatever your role may be, so that you can be effective in caring for the orphan and hurting individual.

Without understanding grief and what these children and others are experiencing emotionally, we can sometimes say and do things that add to their hurt and pain.

Notes:
