

What is Grief?

Answering the question, “what is grief?” gives us the ability to look beyond the outward appearances and behaviors of a person and look at their heart. We can then recognize that certain life situations create a pain so deep within a person that causes them to be angry or difficult.

Let this training open your eyes, mind, and heart to view people with the eyes of Christ and see the hurt, recognize the potential each person holds, and know how to walk out bringing new hope and healing.

Grief: “Intense mental anguish; deep remorse, acute sorrow.” (Universal Dictionary) More than just feeling sad, it is a deep pain within a person as a result of loss or change.

Notes:

Causes of Grief

The following is a list of life situations that cause grief. Most of these situations everyone experiences at some time in their life journey. For most orphans, they are experiencing multiple losses at one time.

- Death: parents, brothers, sisters, friends, relatives, neighbors
- Accidents, illnesses, miscarriages, natural disasters, failed adoptions
- Separation, relocation, moving
- Job loss and change
- Disappointment in a job, friend, God, calling
- Abuse -verbal, physical - divorce, rape, foster care/adoption

Understand that grief occurs in all of these situations, not just in death. All losses and life changes will cause a grief response similar to what is experienced with death.

How is the grief response made worse?

The deep sense of pain from loss and change can also be made worse.

- The death is sudden or unexpected
- You are laid off with no notice
- There is no chance to say “goodbye”
- There are other stresses occurring at the same time, such as: multiple deaths, family conflict, financial problems, addictions, unemployment, and guilt or shame over the situation.

Illustration

Importance of family and parents in the life of children

Illustration Notes:

What role does the father play in the family?

What happens to the family bond?
