

#8b Dealing with Sadness (Grief, Non-clinical Depression)

Finding Victory Within: How to Handle Your Emotions

- A. Grief = an inner emptiness that arises when something that is valuable to you is changed, taken away, or _____.
- B. Five Stages Of Grief
Stage 1. Shock & Denial.
Stage 2. _____
Stage 3. Bargaining.
Stage 4. Depression & Sadness
Stage 5. Acceptance.
- C. It usually takes about 2 years to completely work through the grieving process
- D. The grief that follows a serious loss can seem _____, but it is actually the healthiest thing you can go through. So, allow yourself to go through the entire process, and don't neglect the importance of deliberately and consciously recognizing your grief.
- E. Grieving and its related stresses pass more quickly with good self-care habits. start good _____ habits before sadness hits, because it is much easier to maintain a habit you had in place before you suffered the loss, than to start a new lifestyle after the fact
- F. Make it your goal to "work towards" _____, meaning that, in due time (2 or so years, depending), you will consciously admit, receive, and bear up the loss to move into a new phase of life.
- G. Given the foundation we have built in our lives, acceptance is the point where we are able to take whatever it is that has happened & we _____ it into our being, saying, "This new reality, including the loss, it is a part of who I am now, & with God's help, I am OK with that new reality."
- H. Summary:
1. Take the grieving process seriously & be sure to allow yourself enough time and effort to work through all the stages (name your grief).
 2. Develop good self-care habits now, and continue them should tragedy happen to you.
 3. Grow your _____ now, find answers to the difficult questions *now*, and take your walk with Jesus seriously now.
 - Attend to the 7 spiritual disciplines:
 1. worship
 2. daily Bible reading (NT first)
 3. daily prayer
 4. tithing 10% of your income & getting debt-free
 5. Christian fellowship, especially having 6 close friendships in the church
 6. Christian service
 7. Sharing your faith

A. lost B. Anger C. 2 D. unbearable E. self-care F. acceptance G. receive H. faith