

GRIEVING

THE STAGES OF GRIEF:

- DENIAL** "I cannot believe this has happened to me."
- ANGER** "I am angry with God"
- BARGAINING** "Please, God, I will do anything if You make this go away."
- DEPRESSION** "Life will never be good again."
- ACCEPTANCE** "I still hurt, but I know now that I can get through this."

He comforts us in all our troubles.

Now we can comfort others when they are in trouble. We ourselves receive comfort from God.

2 Corinthians 1:4, NIV

What a wonderful verse for when you go through difficult times!

In the verse, circle the one who comforts you.

No matter how many painful things you go through, you can be sure that He is with you **ALL** of them. Talk with God now about any area where you need comfort.

Underline what you can do after you have received comfort.