



MODULE THREE: GRIEVING





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1. Consider some of the kinds of losses Captain Nelson and his family experienced, write some of those losses down. Now consider some of your own losses. Maybe you don't have a physical disability like Captain Nelson, but what have you lost? Did any of these losses change how you viewed yourself? Did they change how you viewed God?





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2. Sometimes the grief journey is delayed. Sometimes it is necessary to set aside losses to maintain focus. We just keep going because of the mission, our unit responsibilities, or because we are not safe to talk about the issue. When we are safe and able to reflect on this, we will need to take the grief journey.

Write about your own grief journey. What was your grief journey like? Did you loop back or get stuck along the way? Did you try to take the false bridge? Did you have to delay the journey?





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3. What loss that you have experienced feels the most significant to you right now?

At this moment, what stage of grief do you think you are in? What is one thing you would like to do to face this stage? Reflect on the hope that is found in Christ. All sorrow will be removed in the new heaven and earth and all will be made right.





SCRIPTURE REFERENCES

Matthew 27:46 (ESV)

My God, my God, why did you abandon me?

Psalms 42:3-5 (ESV)

My tears have been my food day and night,
while they say to me all the day long, "Where is your God?"

4 These things I remember, as I pour out my soul: how I would go with the throng and
lead them in procession to the house of God with glad shouts and songs of praise, a
multitude keeping festival.

5 Why are you cast down, O my soul, and why are you in turmoil within me?
Hope in God; for I shall again praise him, my salvation.

Job 2:11 (ESV)

11 Now when Job's three friends heard of all this evil that had come upon him, they
came each from his own place, Eliphaz the Temanite, Bildad the Shuhite, and Zophar
the Naamathite. They made an appointment together to come to show him sympathy
and comfort him.

Job 4:3-6 (ESV)

Behold, you have instructed many,
and you have strengthened the weak hands.

4 Your words have upheld him who was stumbling,
and you have made firm the feeble knees.

5 But now it has come to you, and you are impatient;
it touches you, and you are dismayed.

6 Is not your fear of God[a] your confidence,
and the integrity of your ways your hope?





SCRIPTURE REFERENCES

Job 4:7-8 (ESV)

Remember: who that was innocent ever perished? Or where were the upright cut off? As I have seen, those who plow iniquity and sow trouble reap the same.

Job 8:6-8 (ESV)

If you are pure and upright, surely then he will rouse himself for you and restore your rightful habitation. And though your beginning was small, your latter days will be very great.
For inquire, please, of bygone ages, and consider what the fathers have searched out.

I Thessalonians 4:13 (ESV)

But we do not want you to be uninformed, brothers, about those who are asleep, that you may not grieve as others do who have no hope.

Revelation 21:4 (ESV)

He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away.

Nehemiah 1: 3-4 (ESV)

And they said to me, "The remnant there in the province who had survived the exile is in great trouble and shame. The wall of Jerusalem is broken down, and its gates are destroyed by fire."

As soon as I heard these words I sat down and wept and mourned for days, and I continued fasting and praying before the God of heaven.

