



Happy Family

Study Guide 7

How to Recover when You Lose a Lover

Loss comes in different ways. It can be a breakup with a fiancée or friend. Or the loss of a spouse through separation or divorce. It could be death of a child, a parent or a partner. Death could be gradual or be sudden through accident, murder, or suicide! This can result in shock, disbelief, denial, numbness, deep sadness or heartfelt grief. So how can we recover?

1. *Here's the first step: Take Your Time and Grieve.*

- Grief is normal. And different people grieve differently.
- Instead of hiding the pain, accept it, and patiently work through it.
- Whether you are female or male, it's OK to cry!
- Grieving takes time. Don't rush it! And don't let others rush you!
- Healing happens! But healing takes time.

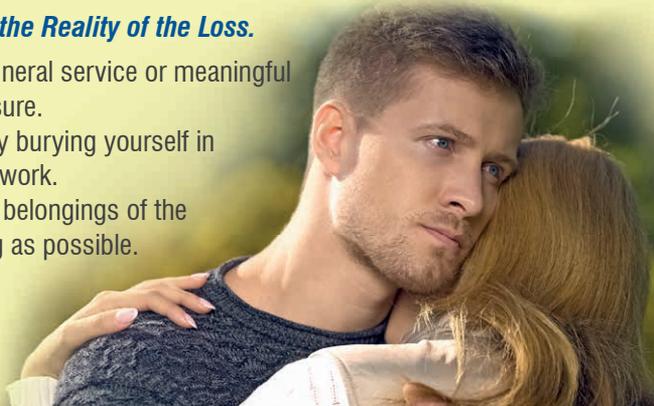
2. *Step two: Recognize that Negative Emotions are Normal.*

Choose the appropriate word: Anger, Guilt and Fear.

- (a) _____ toward the doctor, reckless driver, or God who allowed it.
- (b) _____ for what you said or didn't say, what you did or didn't do.
- (c) _____ and uncertainty of facing a future without the person.

3. *The third step is: Accept the Reality of the Loss.*

1. Participate in a funeral service or meaningful rites to bring closure.
2. Find an escape by burying yourself in food, alcohol, or work.
3. Hold on to all the belongings of the deceased as long as possible.





4. Step number four: Talk About Your Feelings. Talking is therapeutic!
Choose: depression, group, professional, isolation, supporting.

- (a) Negative emotions encourage loneliness and _____.
- (b) However, isolation can lead to _____ and much worse.
- (c) Talk out your feelings with _____ friends and family members.
- (d) Join a support _____ where you can share your true feelings.
- (e) If you see no reason to keep on living, get _____ help.

5. What does God say about the benefit of a support system?

Ecclesiastes 4:9. “Two are better than one...for if they fall, one will _____ up his companion. But woe to him who is alone when he falls.”

6. Group Activity. Our fifth step is: Develop Some Coping Strategies.

Examples: **1.** Break up big tasks to make manageable pieces. **2.** List the things you have not lost. Now create as many other strategies as you can.

7. Here's step six: Take Measured Steps to Move Onward.

- 1.** Moving forward is being disrespectful to the one you have lost.
- 2.** Treasure the memory; but try to move forward with your life.
- 3.** Develop new routines and find new interests.
- 4.** Identify what you can gain through the loss and use it to move on.

8. Finally, Remember that there's hope beyond today!

Grief and pain will not last forever. There is a brighter tomorrow!
Psalms 30:5 says, “Weeping may endure for a night, but joy comes in the morning.”

9. When tragedy struck the family, two sisters faced a range of emotions.
John 11:1, 3, 6, 14, 21. Choose: grief, separation, disappointed.

- (a) They experienced sadness and _____ at the death of their brother.
- (b) They were _____. Their prayer for his healing was not answered.
- (c) They felt hurt and _____ from God and their Friend Jesus.

10. How did Jesus describe the death of Lazarus?

John 11:11. “Our friend Lazarus _____, but I go that I may _____ him up.”

11. But the man wasn't sleeping! He was dead! What happens at death? Before we answer that question, let's see how the first human got life.

Genesis 2:7. Choose the right word: breath, body.

- (a) God bowed down and formed Adam's _____ from the dust.
(b) Then He bent over and breathed into that body His _____ of life.
(c) So _____ of dust + _____ of life = living soul or living being.

12. At death, the reverse happens! What takes place when we die?

Psalm 146:4, Ecclesiastes 12:7. True or False.

1. The body of dust returns to the earth from which it came.
 2. The spirit or breath of God returns to God who gave it.
 3. The good go to heaven, the bad go to hell, others go to Purgatory.
 4. Good or bad, all go to the grave. They're asleep and know nothing!

13. But people have seen what seem to be their deceased loved ones.

Revelation 16:14. What do they really see? _____.

2 Corinthians 11:14. Take a look at how much power Satan has!

14. So where did Satan get such great power?

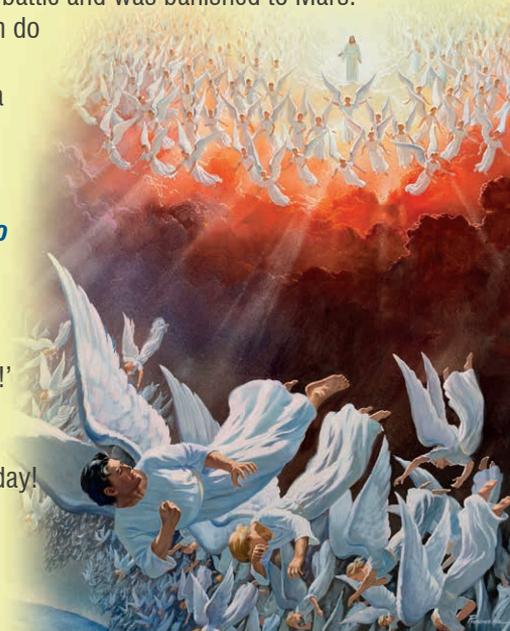
Isaiah 14:12-14, Revelation 12:7-9. True or False?

1. He was a shining angel in heaven and his name was Lucifer.
 2. He rebelled against God, lost the battle and was banished to Mars.
 3. He retained his power and he can do supernatural things.
 4. He and his angels knew grandma and can personate her.

15. Let's return to the story of Lazarus!

Jesus had said: He's sleeping! I'm going to wake him up! What happened when Christ arrived?

John 11:39, 43, 44. “He cried with a loud voice, ‘Lazarus, _____ forth!’ And he who had died came out bound hand and foot with graveclothes.” Imagine the wonderful family reunion that occurred that day!





16. When Christ comes again, there will be another family reunion!
See 1 Thessalonians 4:16, 17.

- Husbands will reunite with their wives! Parents will embrace children!
- Lovers will hug each other! Relatives and friends will meet again!

17. Group Activity. Great Family Reunion.

- (a) Whom do you specially want to meet again? Why?
(b) Which Bible person would you like to meet? What would you ask?
(c) What steps should you take to be sure that you will be there?

18. And when we meet, we'll never part again!

Revelation 21:4 says, "There shall be no more _____, nor sorrow, nor crying... for the former things have passed away."

19. But our greatest delight would be to meet our greatest Lover, Jesus!

Revelation 22:4. "And they shall see His face, and His name shall be in their foreheads."

My Choice.

- When I face loss, I will use the strategies to gradually recover from it.
- I await Christ's return when I'll meet my loved ones. Never to part again!

Check Your Answers. 3. 1T, 2F, 3F. 7. 1F, 2T, 3T, 4T. 12. 1T, 2T, 3F, 4T. 14. 1T, 2F, 3T, 4T.

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