

Women In Ministry 2024 Courageous Survivor

Grief and Loss

Presented by Dr. Sabrina J. Ellis
freetothrive.ellis@gmail.com

Introduction

- Courageous: not deterred by danger or pain; brave
- Survivor: to remain alive or in existence: to live on: to continue to function or prosper

As a Survivor

As a survivor of grief, one must first acknowledge and accept the feelings that come with the loss, allowing oneself to grieve in their own time and in their own way.

A Courageous Survivor

Courageous survivors are those who are able to overcome their grief and find strength in the face of adversity.

Coping Mechanisms

- Seek support from others
 - Therapy
 - Support groups
 - Talking to friends and family

Coping Mechanisms

- Find ways to honor and remember the loved one who passed
 - Create a memorial
 - Participate in traditions
 - Keep mementos close

Healing Processes

- Intergrating the loss into your life story
 - Revisiting memories
 - Finding new meaning in the loss
 - Discovering a sense of growth and resilience that emerges from the experience of grief

Healing Processes

- Self-care
 - Physical well-being
 - Emotional well-being
 - Mental well-being
 - Spiritual well-being

Healing Processes

By allowing themselves to experience the full range of emotions that come with grief, survivors can emerge on the other side with a newfound sense of purpose and resilience.

Healing Processes

Ultimately, the experience of grief can be transformative, allowing survivors to find strength and resilience in the face of profound loss.

A Matter of the Heart

Bishop Joey Johnson, author of *Grief: A Pathway to God* says,

“I believe the major impediment to intimacy with God is disappointment with God that flows from unresolved or incomplete grief issues.”

A Matter of the Heart

“Pieces of our hearts have been lost in each unresolved grief event.”

A Matter of the Heart

“You will seek me and find me when you seek me with all your heart.”

Jeremiah 29:12 (NIV)

A Matter of the Heart

“Above all else, guard your heart, for everything you do flows from it.”

Proverbs 4:23 (NIV)

Change Your Thinking

“TRAIN YOUR MIND TO BE STRONGER
THAN YOUR FEELINGS”

Change Your Thinking

Benefits:

By focusing on strengthening your mindset, you can overcome the challenges posed by your feelings.

Develop mental resilience by training your mind to overpower your emotions.

Change Your Thinking

Philippians 4:8 (KJV)

“...whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.”

Change Your Thinking

- Strengthen your brain's ability to pay attention to the positive.
- Practice gratitude
- Savor the good moments

The Comforter Has Come

- The concept of a "comforter" is associated with providing support and reassurance during times of distress
- Understanding the role of comfort in grief is essential for coping and healing.

The Comforter Has Come

The comforter helps individuals feel seen, heard, and cared for, fostering a sense of connection and resilience in the face of loss.

The Comforter Has Come

By acknowledging and accepting your feelings, reaching out for help when needed, and embracing sources of comfort, you can navigate the complexities of grief with greater ease and grace.

The Comforter Has Come

Ultimately, the concept of a "comforter" plays a significant role in providing support and solace to individuals experiencing grief.

The Role of
The Comforter
in Christianity

Advocate

Spirit of Truth

Helper

The Comforter Has Come

The Comforter is seen as a source of comfort and strength for believers in times of trouble and distress.

The Comforter Has Come

The Comforter is a source of hope, and inspiration for believers, helping us navigate the challenges of life and remain faithful to our beliefs.

The Comforter Has Come

The Comforter is also believed to bring about spiritual transformation in the lives of believers.

The Comforter Has Come

The Comforter helps believers grow in . . .

- Love
- Joy
- Peace
- Patience
- Kindness
- Goodness
- Faithfulness
- Gentleness
- Self-control

Ask Yourself ...

**What if your loss and your pain
is being turned into an opportunity
for someone else to be transformed?**

Courageous Survivors



RESILIENT SPIRIT –
SURVIVOR AFRICAN BLACK WOMAN ARTWORK