

HELPING A FRIEND DURING A LOSS

-1-

hurt with them.

Hurting people don't need to be shown pity, they need love. *"Rejoice with those who rejoice and weep with those who weep."* Romans 12:15

-2-

respect the uniqueness of their pain.

It's natural to want to relate, but comparing your pain is not necessary because no matter what you've been through, you don't know *"exactly"* how they feel.

-3-

it's ok to say nothing at all.

Sometimes a look or a hug can go way further than words could. Keep the clichés or silver lining remarks to yourself.

-4-

perform a thoughtful act.

Bring a meal, bake a treat, offer to do a chore, send a card, or think of another way to serve them.

-5-

say something nice about the deceased.

Recalling a pleasant memory assures the griever their loved one will never be forgotten.