

WELCOME TO THE CONFERENCE ON THANATOLOGY:

Death, Dying, Mourning, and Grief

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INTRODUCTION

- HOW DO WE DEFINE COPING STRATEGIES?
- HOW DO WE DEFINE MOURNING AND GRIEF?
- WHAT DOES THE BIBLE SAY ABOUT GRIEF?
- WHAT ARE SOME PHYSICAL SIGNS OF GRIEF?
- WHAT ARE SOME EMOTIONAL SIGNS OF GRIEF?
- WHAT ARE SOME TASKS OF MOURNING
- HOW LONG DOES GRIEF LAST?
- WHY IS THE PASTOR'S TASK OF HELPING WITH GRIEF SO DIFFICULT?

BIBLICAL REFERENCES OF GRIEF

- Psalm 10:14; 14:13
- Isaiah 3:32
- Lamentation 2:10-11; 13
- John 16:20
- I Peter 1:6
- John 14
- I Thessalonians 4:13-18

GENERAL FACTS ABOUT LOSS

- How one copes with loss is the key to recovery
- Recovery depends on coping strategies
- After loss, grief is what follows
- Grief can be uncomfortable but very natural
- The pain of grief allows for emotional processing of the importance of what has been lost
- Mourning is the outward and public response to loss
- Grief should never be a solo operation

TYPES OF GRIEF

- Normal Grief
- Anticipatory Grief
- Complicated Grief
- Chronic Grief
- Delayed Grief
- Distorted Grief
- Cumulative Grief
- Prolonged Grief
- Exaggerated Grief

SYMBOLIC LOSSES and Common Reactions

- Usually not acknowledged as well as death
- Broken relationships
- Loss careers
- Limbs
- Pets
- Relationships
- Intact systems
- Anger
- Sadness
- Guilt
- Yearnings
- Withdrawals

TEN STATAGES OF GRIEF

Shock

Emotional release

Depression

Physical symptoms of distress

Anxiety

Hostility

Guilt

Hesitancy to renew normal activities

Healing of memories

Acceptance of one's new role in life

FOUR TASK OF MOURNING

- To accept the reality of the loss
- To experience the pain of the grief
- To adjust to and environment in which the deceased is missing
- To withdraw emotionally and relocate the deceased and live

STRATEGY ONE

Practice Presence

- Being present with your feelings is allowing yourself to feel the discomfort
- Feeling is the pathway to reintegration of the meaning the loved one produced
- Feeling is the foundation that defines your personal loss and that allow others to join you
- Feelings should never completely overshadow the reality of the loss

STRATEGY TWO

FORGET CLOSURE

- The fallacy about moving on
- Understanding the nature of closure
- Understanding the dynamics of remembering
- Make the transition from a physical presence
- Understanding the dynamics of time
- Doing the grief work

STRATEGY THREE

Join a Support Group

- Welcome support from a community
- Allow others to listen
- Value like experiences and synoptic views
- Value the support of the trained eyes and ears
- Value trust and confidence during tough times
- Do not walk the lonely paths of grief alone
- Others can help us weather the storms of grief

STRATEGY FOUR

Oscillation Awareness

- The waves of emotions come and go
- The high and lows of the intervals and times
- The back and forth of lost of orientation – what I had and want it back
- The restoration orientation – what is yet to be that I do not want
- Avoiding the fatalistic approach – there is nothing we can do about the past

STRATEGY FIVE

Build An Altar

- Avoid the embalming and shricing practice
- Worship as an acknowledgement that God Is
- Worship does not mean we not hurting
- Worship does mean that we are not angry
- The declaration of into rather than gotten over
- Remember grief is broader than death
- Time is on our side

STRATEGY SIX

Take Prayer Seriously

- God already knows about your lost and your pain
- You can trust what God says in his Word
- Jesus Christ identifies with our deepest sorrow – “Man of sorrow, well acquainted with grief.”
- Be open to his out stretched hand in the ministry of care.
- He can bless the Bitter waters of sorrow.
- Remember that your tears are also your prayers

SUMMARY

- One phrase to describe your expectations
- One word to describe your experience
- What are you willing to work on regarding your grief?
- Who do you think be qualify to be your grief work partner?
- What do you plan to share with others regarding your experience today?













