



# GRIEF

At CCV, we believe that through Christ we are promised the hope of heaven. No matter what happens to our physical bodies, we know our true home is eternally with Christ. We can experience comfort on this earth abiding in His Word and through relationships with those around us.

## *Biblical Foundation*

Psalm 73:26 | 2 Corinthians 1:3-4 | Matthew 5:4

## DEATH/LOSS

### **Good Grief Book and Workbook**

*Granger E Westberg*

Good Grief has helped millions of readers find comfort and rediscover hope after loss. It identifies ten stages of grief--shock, emotion, depression, physical distress, panic, guilt, anger, resistance, hope, and acceptance--but, recognizing that grief is complex and deeply personal, defines no right way to grieve.

### **Grieving With Hope**

*Samuel Hodges & Kathy Leonard*

This book is packed with short, biblically based, topical chapters addressing the issues those who are grieving face, but are often hesitant to mention to others. It helps readers accurately interpret the message their emotions are sending them and gently guides them to determine whether they're grieving in a way that leads to hope and ultimate healing.

### **God's Healing For Life's Losses**

*Robert W. Kellemen*

This book offers real answers, for real people, with real struggles. When life's losses invade your world, learn how to face suffering face-to-face with God.

### **Experiencing Grief**

*H. Norman Wright*

This is written for a person who is in the wake of despair that grief leaves. This brief, but powerful book, will help lead readers out of their grief experience through five stages of grief. At the end of the journey is peace and a seasoned, more mature faith.

## CCV RESOURCES

### *Messages*

To watch one or more CCV Messages that relate to this topic:

**When God Seems... >**

**Life's Toughest ?'s >**

**Big Questions >**

### *Grief Support*

An On-Campus group for those experiencing the loss of a loved on.

**CCV Grief Support >**

### *Join in Community*

Get connected in a CCV Group to become engaged in a community that can support you through life's ups and downs.

**Get Connected! >**

### *Prayer*

Submit a request for our Prayer Team to have the opportunity to pray for you.

**Request Prayer >**

## **A Grace Disguised**

*Jerry Sittser*

While most of us will not experience a catastrophic loss in our lifetime, all of us will taste it. And we can, if we choose, know as well the grace that transforms it. *A Grace Disguised* plumbs the depths of sorrow, whether due to illness, divorce, or the loss of someone we love. The circumstances are not important; what we do with those circumstances is. In coming to the end of ourselves, we can come to the beginning of a new life—one marked by spiritual depth, joy, compassion, and a deeper appreciation of simple blessings.

## **CHRONIC ILLNESS**

### **When God and Cancer Meet**

*Lynn Eib*

Each chapter contains inspiring real-life stories of those who have dealt personally with cancer and found hope in the midst of the pain.

### **Peace in the Face of Cancer**

*Lynn Eib*

Cancer patient advocate Lynn Eib shares how to live well from the moment of diagnosis through the rest of life. She weaves the story of her own experience as a long-time cancer survivor and those of others around the world into these hope-filled pages. You'll discover how to bring God's peace into your own home and heart—regardless of your or your loved one's medical prognosis.

## **INFERTILITY & MISCARRIAGE**

### **Hannah's Hope**

*Jennifer Saake*

This book is intended as a guide to assist in making wise decisions as you struggle through your grief of not yet conceiving, losing a child, or struggling through the adoption process.

### **Barren Among the Fruitful**

*Amanda Hope Haley*

Using Amanda's personal stories, and the stories of other women who have struggled to have children, this book surrounds those women struggling with infertility or miscarriage with a sense of community while providing honest facts. It leads women from confusion to understanding. Each chapter is titled with a well-meaning, but sometimes thoughtless comment she was offered during her seven-year struggle with infertility.

### **I'll Hold You In Heaven**

*Jack Hayford*

This book provides answers to troubling questions following the loss of a child through miscarriage, stillbirth, abortion or early infant death.

## **CCV RESOURCES**

*Talk to Someone*

Talk to someone at CCV for hope and comfort and direction.

**Talk to Someone >**

## **ONLINE RESOURCES**

*Families*

An extensive online library of Grief resources for families.

**Focus on the Family >**

## **OTHER RESOURCES**

*Children*

For resources and tools for helping children process grief, visit

**Billy's Place >**

*Families*

Group Support option for those wanting to connect with others.

**Thrive Therapy Grief >**