

9 STEPS

for the Bereaved & their Supporters

We are so sorry for your tragic loss. Our hearts break for the pain you are suffering. As you read, we are praying for you to find solace, affirmation, and hope, so you can survive your worst nightmare.

- How do you survive when your child dies?
- When your brother dies or your sister?
- Can you make it through another day when your spouse dies?
- What about a parent, or close friend?

Psalm 34:18 says, *“The Lord is close to the brokenhearted; He rescues those whose spirits are crushed”* (NLT). He is right there with you. All the time. You do not walk this journey alone, and please know He will carry you when you feel you can’t carry on.

BEREAVED (adjective)—suffering the death of a loved one.
“The grief of the bereaved parents seemed to be without limit.”

As one who is bereaved, please be sure to:

- 1.** Let yourself cry. You must allow this, or it will come back at a time when you really don't expect it, want it, or can afford it.
- 2.** Take only one hour or one moment at a time. Don't think too far ahead—for now, only focus on today.
- 3.** Surround yourself with “safe friends”—those you trust and can be at ease with.
- 4.** Be careful who you share your deepest grief with. As much as you love certain people, not everyone will be able to understand.

TO THOSE SUPPORTING THE BEREAVED

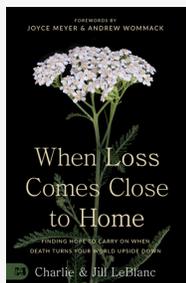
And what do you do when a close friend or relative experiences loss?

Unless you've been there yourself, it's really hard to grasp the depth of suffering your friend or loved one is enduring as they walk through the unthinkable.

Here are a few starter tips:

- 5.** Just be there—don't avoid the situation because it's uncomfortable.
- 6.** Let your actions show how much you care.
- 7.** Let them freely vent or grieve without fear of judgment.
- 8.** Don't try to “fix them”—just love them.
- 9.** Let yourself “go there”—weep with those who weep.

Charlie and Jill LeBlanc have survived the unthinkable. They share openly about the pain of losing their son, explaining what helps and what doesn't help during grief and how to become a safe place for someone who is grieving.



To delve deeper into surviving grief and loss, order their book:

When Loss Comes Close to Home: Finding Hope to Carry On When Death Turns Your World Upside Down
by Charlie and Jill LeBlanc