

**“Not So Quick”
(Grieving Process)
(2 Samuel 1:1-10)**

Not so quick! Working through the grieving process.

1. Recognize that grieving is a **long process** that shouldn't be short-circuited.

Typically, the grieving person moves through states of . . .

- **Denial and isolation.**
- **Anger.**
- **Bargaining.** *“God, I'll do anything if you just give me more time with her!”*
- **Depression.**
- **Acceptance.**

2. Recognize that a healthy place to grieve is in **loving community** with friends, family and church.
3. When I grieve, I know that I have **a God who understands.**

When you're grieving, DON'T . . .

1. . . . **condemn** yourself. *“If only I had. . .”*
2. . . . **drug** yourself.
3. . . . **withdraw** yourself.
4. . . . pay too much attention to **what others say.**
5. . . . **underestimate** yourself.