



“Grief Tool Box” - November 2014

“Practice Gratitude”

After experiencing a devastating loss, it is natural to wonder, “What could I possibly have to be grateful for right now?” After all, gratitude is something you feel when things are going well, and your time of grief is not such a time. Gratitude is what is expressed when you appreciate what is happening in your life, and appreciation is not likely something you feel in the aftermath of loss. Remember that loss is a part of life and grief does not only the result of death. You may have failed at something you wanted desperately, experienced a terrible divorce, or a relationship ended after many years of dating. Please take a few minutes with paper and pencil in hand and list where you can “*Practice Gratitude*”.

- **Look at relationships.** Who is someone you appreciate having in your life right now? This could be a close friend, your spouse, teacher, parent, or sibling.
- **Look at the actions of others.** What has someone done for you to offer encouragement or love that you appreciate? Let them know how you feel about their thoughtfulness with the words “thank you” or a beautiful card.
- **Look at the ordinary things in your life.** What adds to your life of faith on a daily basis? I hope it is prayer, reading your bible and meditation, and taking care of body as well as those you love.

(Wolfelt, A. 2010, The mourners book of hope, Companion Press, p.141. modified)

Scripture

“Rejoice evermore. Pray without ceasing. In everything give thanks: for this is the will of God in Christ Jesus concerning you”. 1 Thessalonians 5: 16-18 KJV

Prayer

Dear LORD, I am grateful for your love, mercy, and grace. Help me and others who have loss in so many ways Jesus to live a life of gratitude and hope. In the name of Jesus, Amen.