



### Consider This ...

*There are times when the same messages keep going through our minds, yet are they true, helpful? Sometimes we need a new perspective to help us regain our Hope in our situation, in others, even in God. May these words fill you with encouragement and HOPE*

Don't let your emotions be your decision maker.

**STOP and PRAY!**

One moment in God's presence changes EVERYTHING!



#### *Remember*

The dementia patient is not *giving* you a hard time.

The dementia patient is *having* a hard time.

Every miracle in the Bible, first started as a problem.

Grief never ends... But it changes. It's a passage, not a place to stay. Grief is not a sign of weakness, nor a lack of faith... It is the price of love.

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*When a train goes through a tunnel and its dark, you don't throw away the ticket and jump off. You sit still and trust the engineer.*

*Trust God today, no matter how dark your situation. He has promised to bring you through the darkness.*

**YOU ARE NOT REQUIRED TO SET YOURSELF ON FIRE TO KEEP OTHER PEOPLE WARM.**

**Sometimes you have to let go of what you thought life would be like & learn to find joy in life you are living**

*Every single person has a story that will break your heart.*

*And if you are paying attention, many people ... have a story that will bring you to your knees.*

*You are not alone.*

*Brene Brown*

# Hope

Isaiah 41:10

“Don’t be afraid, for I am with you.  
Don’t be discouraged, for I am your God.  
I will strengthen you and help you.  
I will hold you up with my victorious right hand.”

**Consider Elizabeth**, the mother of John the Baptist. Despite years of prayer and suffering, she remained barren until her later years. I believe that God sometimes wants it to be very clear that it is all Him. No doubt this was the case with Elizabeth and Zachariah’s little family. Could this be the case with you?

When trials are faced with God they develop endurance; the ability to keep going in the face of adversity. With endurance and patience, we build character, and this character feeds our Hope. In hope we glorify the Lord. And that’s what it’s all about.

**Choose Hope.**

Trust God.  
Even if the  
answer is wait.

If you were having coffee with  
Jesus today, what would  
He say to you?



FOR I AM ABOUT TO DO  
SOMETHING NEW. SEE,  
I HAVE ALREADY BEGUN!

DO YOU NOT SEE IT? I WILL  
MAKE A PATHWAY THROUGH THE  
WILDERNESS. I WILL CREATE  
RIVERS IN THE DRY WASTELAND.

ISAIAH 43:19 NLT



# *grief is also*

*losing your job • having to walk away from a sport • ending a long-term relationship • saying goodbye to a pet • leaving your hometown • losing a friendship • receiving a life-altering diagnosis • feeling like a failure • grieving the life you thought you'd have • navigating a major identity shift • processing childhood trauma.*

People rush to get rid of grief because they see it as hanging onto loss. But grief is really hanging onto love - which is why you always feel it.

## **ANXIETY IS A HUGE ISSUE IN GRIEF.**

**When you've lost someone you love, it's very easy to wonder who - or what - you might lose next. It's easy to feel a surge of chaos and fear.**

@refugeingrief

**Grief is work.  
Avoiding grief is  
even more work.**

DAVID KESSLER | GRIEF.COM

### *Grief Affirmations*

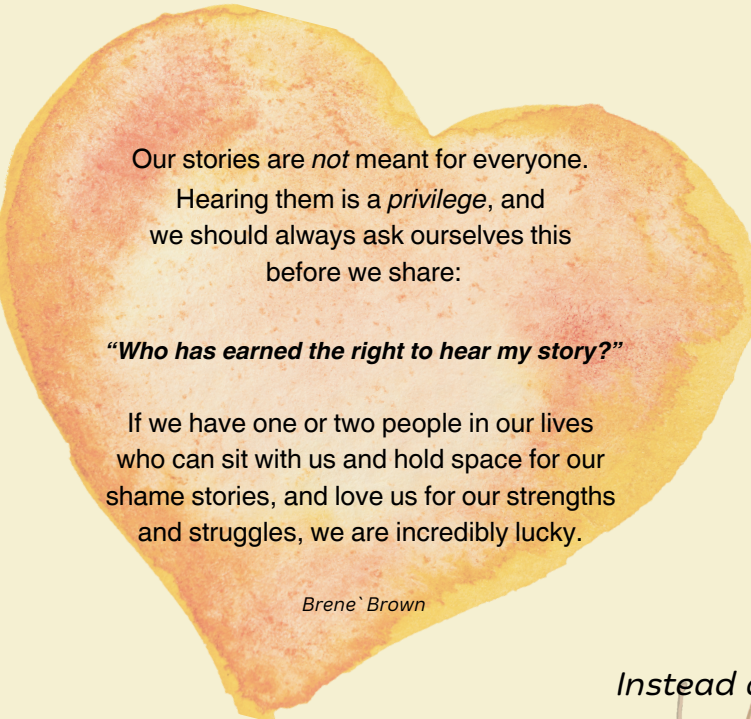
- I am breathing through the heavy waves..
- I am allowed to feel however I feel today.
- It's okay to miss them and still be okay.
- I am not alone in this silence.
- I don't have to get over it to move forward
- My grief is just love with no place to go.
- I forgive myself for what I couldn't change.
- My memories are a safe place to visit.
- Healing isn't a race.
- I am resilient, even when I am broken.
- I am honoring my loss by being kind to myself.
- Their love stays even when they aren't here.
- Small steps are still steps.
- My heart is allowed to be heavy right now,
- I'm letting myself be human today.

*And I am accepting God's love  
for me through this sorrow*

Grief, I've learned, is really just love. It's all the love you want to give, but cannot. All that unspent love gathers up in the corners of your eyes, the lump in your throat, and in that hollow part of your chest. Grief is just love with no place to go.



JAMIE ANDERSON

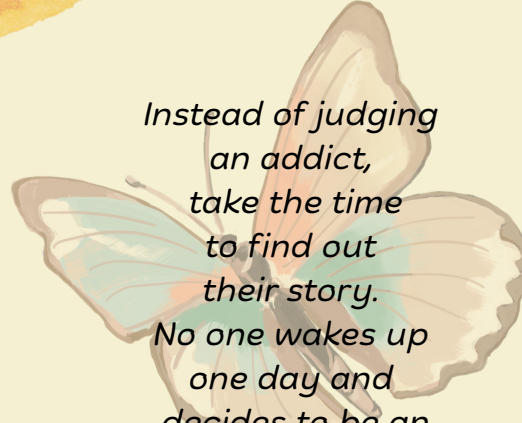


Our stories are *not* meant for everyone.  
Hearing them is a *privilege*, and  
we should always ask ourselves this  
before we share:

***“Who has earned the right to hear my story?”***

If we have one or two people in our lives  
who can sit with us and hold space for our  
shame stories, and love us for our strengths  
and struggles, we are incredibly lucky.

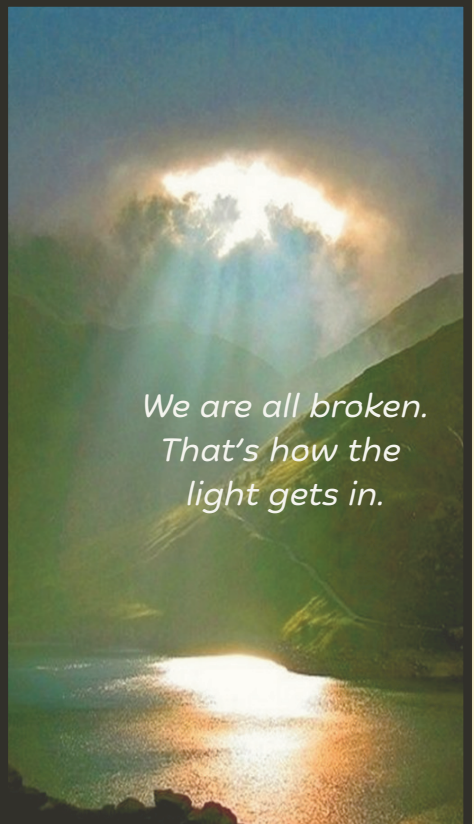
*Brene` Brown*



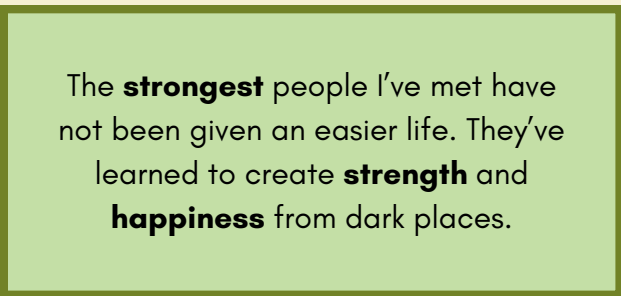
*Instead of judging  
an addict,  
take the time  
to find out  
their story.  
No one wakes up  
one day and  
decides to be an  
addict.*



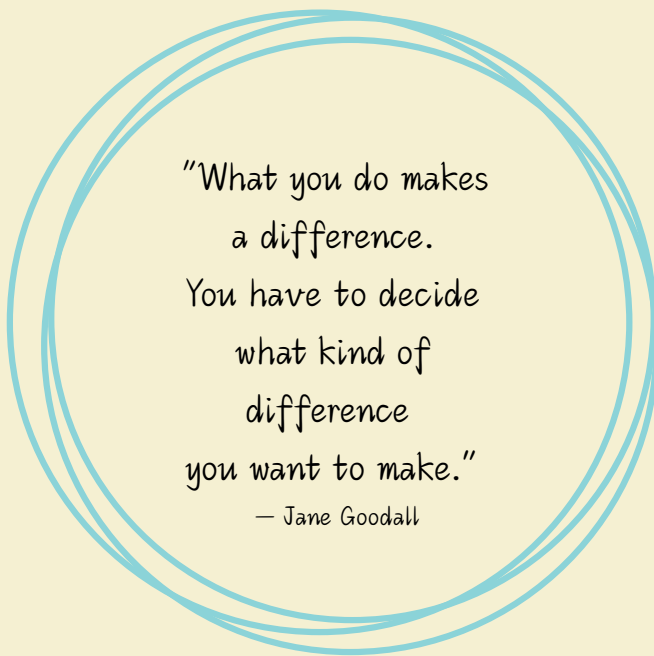
**Do not give up,  
the beginning  
is always the  
hardest.**



*We are all broken.  
That's how the  
light gets in.*



The **strongest** people I've met have  
not been given an easier life. They've  
learned to create **strength** and  
**happiness** from dark places.



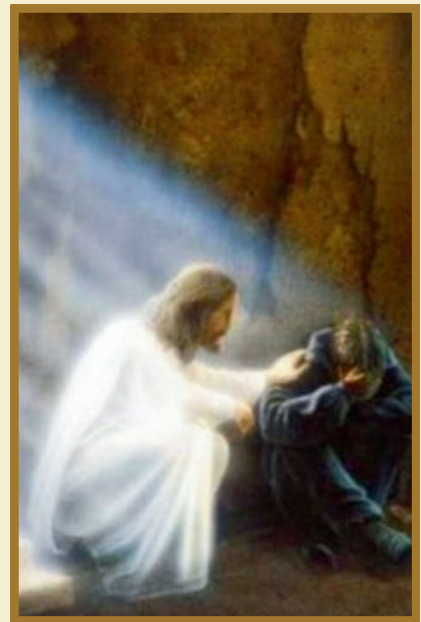
*“What you do makes  
a difference.  
You have to decide  
what kind of  
difference  
you want to make.”*

*— Jane Goodall*

But faith doesn't always  
take you out of the  
problem. Faith often  
takes you through the problem.

Faith doesn't always take away the  
pain. Faith gives you the  
ability to handle the pain.

Faith doesn't take you  
out of the storm. Faith  
calms you in the midst of  
the storm.

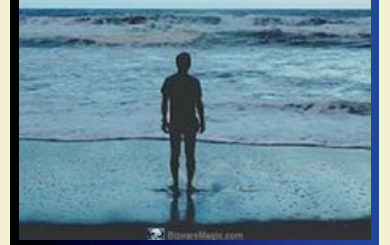


*Healing doesn't  
mean that damage  
never existed.  
It means the  
damage no longer  
controls you.*

Ships don't sink because  
of the water around them;  
ships sink because of the  
water that gets in them.  
Don't let what's happening  
around you get inside you  
and weigh you down.



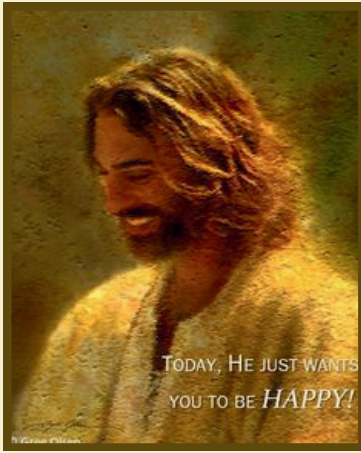
The same boiling water  
that softens the potato  
hardens the egg. It's  
about what you are  
made of, not the  
circumstances.



*Remember you can always  
walk away.  
The game ends when you  
stop playing.*

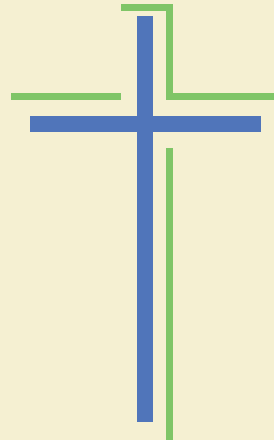
*You sometimes  
think you want to  
disappear, but all  
you really want  
is to be  
found.*

*Hope*  
Hold on. Pain ends.



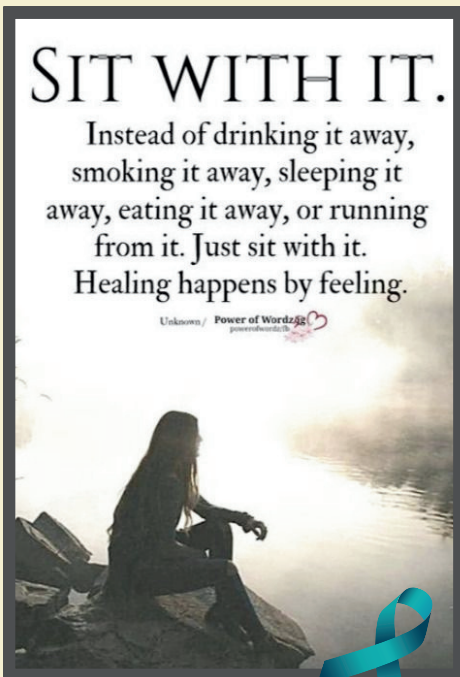
*Life is a series of thousands of tiny miracles. Notice them.*

*We can not selectively numb emotions. When we numb the painful emotions we also numb the positive emotions. Numb the dark and you numb the light.*  
Brene Brown



**One minute of anger weakens your immune system for 4-5 hours.**  
**One minute of laughter boosts your immune system for over 24 hours.**

*You do not have to have it all figured out to move forward.*



**When you are hanging on by a thread, make sure it's the hem of His garment.**

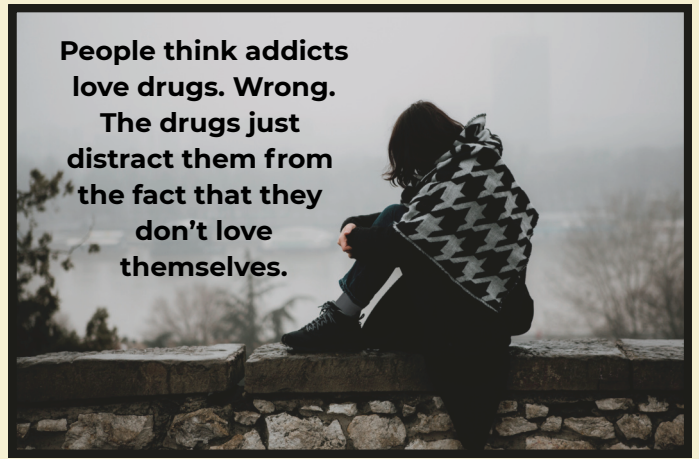


*Being asked "why are you depressed? Life is beautiful!" is like saying "why do you have asthma? There is so much air!"*

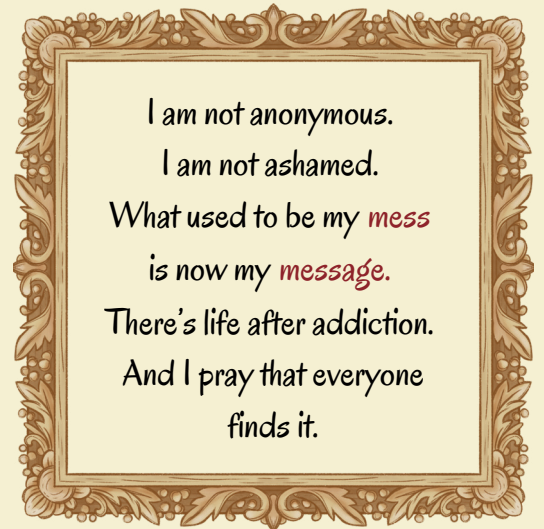
*People in chronic pain pay and pay dearly for having fun, and for having good days. So cherish anyone with chronic pain who chooses to spend their time with you. It costs them so much*



*Jesus seeks to be close to us in  
our time of need.  
The handle is on the other side.  
Will you let Him in?*



**People think addicts  
love drugs. Wrong.  
The drugs just  
distract them from  
the fact that they  
don't love  
themselves.**



*I am not anonymous.  
I am not ashamed.  
What used to be my **mess**  
is now my **message**.  
There's life after addiction.  
And I pray that everyone  
finds it.*

*Trust me,  
most addicts  
don't need help  
hating themselves.*



*Sometimes  
miracles are  
just good people  
with kind hearts.*



**Courage doesn't  
always roar.  
Sometimes courage  
is the little voice  
at the end  
of the day that says  
'I will try again  
tomorrow'**

*Behind  
every strong  
person is a  
story that  
gave them  
no choice.*





*You Can't Wait Until  
Life Isn't Hard  
Anymore  
Before You Decide  
To Be Happy*

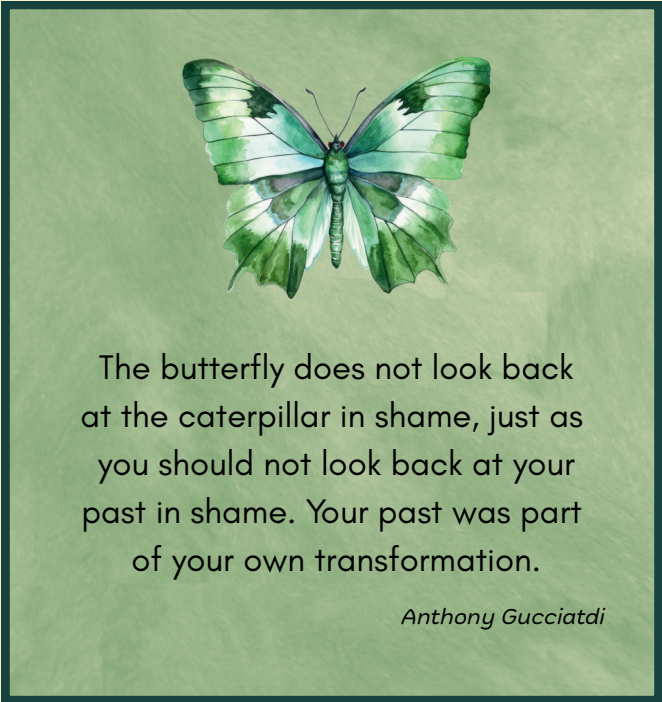
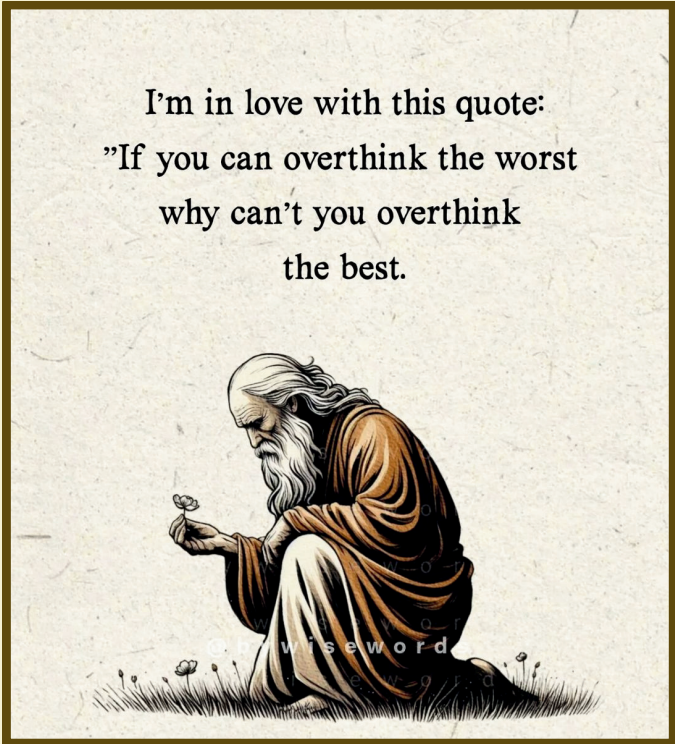
*Nightbird*

### **Mental Health Matters**

Every organ in your body is *connected* to the organ under your hat.

*Dr. BJ Palmer*

*What we don't need  
in the midst of  
Struggle  
is shame for being  
Human*

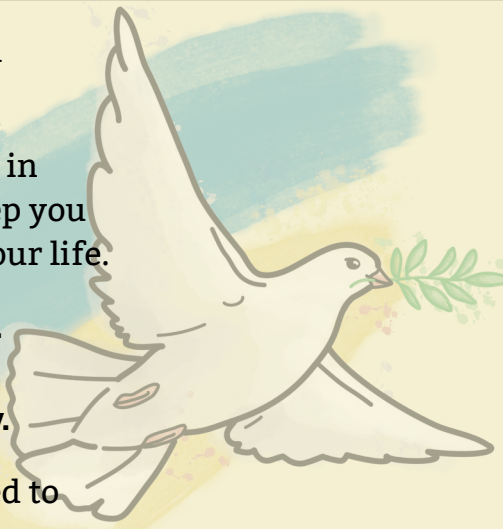


The devil wants you  
in **your feelings**.

For if he can keep you in  
your feelings, he can keep you  
out of God's purpose for your life.

**He'll stir up offense.**  
**Magnify fear.**  
**Perpetuate insecurity.**

But you weren't created to  
be led by your feelings.  
**YOU** were created to be  
led by the **SPIRIT**.



“Grief is the  
love that  
lingers in all  
the places they  
once stood.”

Every addiction arises from  
an unconscious refusal to face  
and move through your own  
pain. Every addiction starts  
with pain and ends with pain.  
Whatever the substance you  
are addicted to - alcohol,  
food, legal or illegal drugs, or  
a person - you are using  
something or somebody to  
cover up your pain