

Grief Study Guide

The Lord will be with me

I'm not alone in this journey – God will be with me every step of the way, often reaching me through the efforts of others.

Genesis 35:3 "... I will make there an altar unto God, who answered me in the day of my distress, and was with me in the way which I went."

Joshua 1:9 "... Be strong and of a good courage; be not afraid, neither be thou dismayed: for the Lord thy God is with thee whithersoever thou goest.

1 Samuel 1:19 "... the Lord remembered her."

2 Samuel 22:7 "In my distress I called upon the Lord, and cried to my God: and he did hear my voice out of his temple, and my cry did enter into his ears."

Psalms 34:18 "The Lord is nigh unto them that are of a broken heart..."

Psalms 118:5-6 "I called upon the Lord in distress: the Lord answered me, and set me in a large place. The Lord is on my side; I will not fear: what can man do unto me?"

Isaiah 41:10, 13 "Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness ... for I the Lord thy God will hold thy right hand, saying unto thee, Fear not; I will help thee."

Isaiah 42:6 "... (I) will hold thine hand, and will keep thee..."

Isaiah 43:1-2, 5 "... I have called thee by thy name; thou art mine. When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee ... Fear not: for I am with thee ..."

Isaiah 54:4-5 "... (thou) shalt not remember the reproach of thy widowhood any more. For thy Maker is thine husband ..."

John 16:32 "... I am not alone, because the Father is with me."

Ephesians 2:19 "Now therefore ye are no more strangers and foreigners, but fellowcitizens with the saints, and of the household of God ..."

1 Nephi 1:20 "... the tender mercies of the Lord are over all those whom he hath chosen, because of their faith ..."

D&C 68:6 "... be of good cheer, and do not fear, for I the Lord am with you, and will stand by you ..."

D&C 123:17 "Therefore, dearly beloved brethren, let us cheerfully do all things that lie in our power; and then may we stand still, with the utmost assurance, to see the salvation of God, and for his arm to be revealed."

The Lord knows how I feel

Because the Savior suffered and atoned for the sins of the world, He knows how I feel. He took upon himself my sufferings and pain and so understands perfectly.

1 Samuel 30:4 "... lifted up their voice and wept, until they had no more power to weep."

Job 2:13 "... they saw that his grief was very great."

Isaiah 53:3-4 "He is despised and rejected of men; a man of sorrows, and acquainted with grief ... Surely he hath borne our griefs, and carried our sorrows ..."

John 11:33 "When Jesus therefore saw her weeping, and the Jews also weeping which came with her, he groaned in the spirit ..."

John 11:35 "Jesus wept."

John 20:11 "But Mary stood without at the sepulchre weeping ..."

2 Corinthians 1:8 "... we were pressed out of measure, above strength, insomuch that we despaired ..."

Alma 7:12 "And he will take upon him death, that he may loose the bands of death which bind his people; and he will take upon him their infirmities, that his bowels may be filled with mercy, according to the flesh, that he may know according to the flesh how to succor his people according to their infirmities."

D&C 19:15 "... how exquisite you know not, yea, how hard to bear you know not."

The Lord will comfort and strengthen me

During times of great (and small) grief and sorrow, I can rely on the Lord to help me and give me strength to keep going.

Job 16:5 “But I would strengthen you with my mouth, and the moving of my lips should assuage your grief.”

Psalms 30:2 “O Lord my God, I cried unto thee, and thou has healed me.”

Psalms 31:24 “Be of good courage, and he shall strengthen your heart, all ye that hope in the Lord.”

Psalms 46:1 “God is our refuge and strength, a very present help in trouble.”

Psalms 55:22 “Cast thy burden upon the Lord, and he shall sustain thee ...”

Psalms 107:9 “For he satisfieth the longing soul ...”

Psalms 119:28 “My soul melteth for heaviness: strengthen thou me according unto thy word.”

Psalms 119:50 “This is my comfort in my affliction: for thy word hath quickened me.

Psalms 119:77 “Let thy tender mercies come unto me ...”

Psalms 147:3 “He healeth the broken in heart, and bindeth up their wounds.”

Isaiah 25:4 “For thou hast been a strength to the poor, a strength to the needy in his distress, a refuge from the storm, a shadow from the heat, when the blast of the terrible ones is a storm against the wall.”

Isaiah 25:8 “He will swallow up death in victory; and the Lord God will wipe away tears from off all faces ...”

Isaiah 54:8 “... with everlasting kindness will I have mercy on thee...”

Isaiah 61:1-2 “... he hath sent me to bind up the brokenhearted ... (and) to comfort all that mourn ...”

Jeremiah 31:25 “... I have satiated the weary soul, and I have replenished every sorrowful soul.”

Matthew 5:4 “Blessed are they that mourn: for they shall be comforted.”

Matthew 9:22 “... Daughter, be of good comfort ...”

Matthew 11:28 “Come unto me, all ye that labour and are heavy laden, and I will give you rest.”

Luke 7:13 “And when the Lord saw her, he had compassion on her, and said unto her, Weep not.”

John 14:18 “I will not leave you comfortless: I will come to you.”

John 14:27 “Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.

John 16:20 “... ye shall be sorrowful, but your sorrow shall be turned into joy.”

John 16:33 “In the world ye shall have tribulation: but be of good cheer; I have overcome the world.”

Romans 15:4 “... whatsoever things were written aforetime were written for our learning, that we through patience and comfort of the scriptures might have hope.”

Romans 15:13 “Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost.”

2 Corinthians 1:4 “Who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God”

Galatians 6:2 “Bear ye one another’s burdens ...”

Revelation 7:17 “... God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain”

Jacob 3:1 “Look unto God with firmness of mind, and pray unto him with exceeding faith, and he will console you in your afflictions, and he will plead your cause ...”

Mosiah 18:8-9 “... willing to bear one another’s burdens, that they might be light; Yea, and are willing to mourn with those that mourn; yea, and comfort those that stand in need of comfort ...”

Mosiah 24:15 "... the Lord did strengthen them that they could bear up their burdens with ease, and they did submit cheerfully and with patience to all the will of the Lord."

Alma 26:27 “... bear with patience thine afflictions, and I will give unto you success”

D&C 121:7 “... peace be unto thy soul; thine adversity and thine afflictions shall be but a small moment ...”

D&C 136: 29 “If thou art sorrowful, call on the Lord thy God with supplication, that your souls may be joyful.”

“We were not placed on this earth to walk alone. What an amazing source of power, of strength, and of comfort is available to each of us. He who knows us better than we know ourselves, He who sees the larger picture and who knows the end from the beginning, has assured us that He will be there for us to provide help if we but ask. We have the promise: “Pray always, and be believing, and all things shall work together for your good.”

(Thomas S. Monson, “I Will Not Fail Thee, nor Forsake Thee”, *Ensign* Nov 2013)

“He will comfort and uphold us. He will strengthen us in our weakness and fortify us in our distress”

(Joseph B. Wirthlin, “Come What May, and Love it”, *Ensign* Nov. 2008)

“... often the answers from our Heavenly Father do not remove the trial from us, but instead He helps strengthen us as we pass through the experience.”

(James B. Martino, “All Things Work Together for Good”, *Ensign* May 2010)

" Where Can I Turn For Peace? - Hymns 129"

1. Where can I turn for peace? Where is my solace

When other sources cease to make me whole?

When with a wounded heart, anger, or malice,

I draw myself apart, Searching my soul?

2. Where, when my aching grows,

Where, when I languish,

Where, in my need to know, where can I run?

Where is the quiet hand to calm my anguish?

Who, who can understand? He, only One.

3. He answers privately, Reaches my reaching

In my Gethsemane, Savior and Friend.

Gentle the peace he finds for my beseeching.

Constant he is and kind, Love without end.

Grief is a sign of love

I don't need to fear my sorrow or tears. They are an expression of the love I have for the one I have lost.

Psalms 116:15 "Precious in the sight of the Lord is the death of his saints."

2 Corinthians 2:4 "For out of much affliction and anguish of heart I wrote unto you with many tears; not that ye should be grieved, but that ye might know the love which I have more abundantly unto you."

D&C 25:5 "... the office of thy calling shall be a comfort unto ... thy husband, in his afflictions, with consoling words, in the spirit of meekness."

D&C 25:13-14 "...lift up thy heart and rejoice, and cleave unto the covenants which thou has made ... Let thy soul delight in thy husband ..."

D&C 42:45 "Thou shalt live together in love, insomuch that thou shalt weep for the loss of them that die ..."

Elder Lance B. Wickman, an emeritus member of the Seventy, explained: "Grief is the natural by-product of love. One cannot selflessly love another person and not grieve at his suffering or eventual death. The only way to avoid the grief would be to not experience the love; and it is love that gives life its richness and meaning." ...Accepting my grief as part of love finally allowed me to work through my pain and rise above discouragement."

(Ashley Isaacson Woolley "The Refining Fire of Grief", *Ensign*, Feb 2013)

I can trust the Lord

Though I may not understand His ways, when I trust Him and exercise faith in Him, He can do mighty things on my behalf.

Joshua 1:5 "... I will not fail thee, nor forsake thee"

1 Samuel 1:15 "have poured out my soul before the Lord"

1 Samuel 30:6 "... David encouraged himself in the Lord his God."

2 Samuel 22:3 "The God of my rock; in him will I trust: he is my shield, and the horn of my salvation, my high tower, and my refuge, my saviour ..."

Job 1:21 "... the Lord gave, and the Lord hath taken away; blessed be the name of the Lord."

Job 13:15 "Though he slay me, yet will I trust in him ..."

Job 23:8-10 "Behold, I go forward, but he is not there; and backward, but I cannot perceive him: On the left hand, where he doth work, but I cannot behold him: he hideth himself on the right hand, that I cannot see him: But he knoweth the way that I take: when he hath tried me, I shall come forth as gold."

Psalms 25:17 "The troubles of my heart are enlarged: O bring thou me out of my distresses."

Psalms 34:4 "I sought the Lord, and he heard me, and delivered me from all my fears."

Psalms 46:10 "Be still, and know that I am God ..."

Psalms 91:2 "... He is my refuge and my fortress: my God; in him will I trust."

Isaiah 55:8 "For my thoughts are not your thoughts, neither are your ways my ways, saith the Lord."

Jeremiah 29:11 "For I know the thoughts that I think toward you, saith the Lord, thoughts of peace, and not of evil, to give you an expected end."

1 Thessalonians 5:18 "In every thing give thanks ..."

James 4:7, 10 "Submit yourselves therefore to God ... Humble yourselves in the sight of the Lord, and he shall lift you up."

Mosiah 3:19 "... becometh as a child, submissive, meek, humble, patient, full of love, willing to submit to all things which the Lord seeth fit to inflict upon him ..."

Alma 20:29 "... they were patient in all their sufferings."

D&C 25:10 "...thou shalt lay aside the things of this world, and seek for the things of a better."

"I have come to understand how useless it is to dwell on the *why's*, *what if's*, and *if only's* for which there likely will be given no answers in mortality. To receive the Lord's comfort, we must exercise faith. The questions *Why me? Why our family? Why now?* are usually unanswerable questions. These questions detract from our spirituality and can destroy our faith. We need to spend our time and energy building our faith by turning to the Lord and asking for strength to overcome the pains and trials of this world and to endure to the end for greater understanding ... family members feel the pain of separation but are comforted by the peace that comes from priesthood blessings, family prayers, and the knowledge of the Resurrection that assures them they will be reunited with their loved one in the not-too-distant future. Their faith and putting their trust in the Lord help them put the *why's* and *if's* behind them and feel the comfort of the Spirit of the Lord."

(Robert D. Hales, "Healing Soul and Body", *Ensign*, Nov 1998)

“To exercise faith is to trust that the Lord knows what He is doing with you and that He can accomplish it for your eternal good even though you cannot understand how He can possibly do it.”
(Richard G. Scott, “Trust in the Lord” *Ensign* Nov 1995)

“Being grateful in our circumstances is an act of faith in God. It requires that we trust God and hope for things we may not see but which are true. By being grateful, we follow the example of our beloved Savior, who said, “Not my will, but thine, be done” ... When we are grateful to God in our circumstances, we can experience gentle peace in the midst of tribulation. In grief, we can still lift up our hearts in praise. In pain, we can glory in Christ’s Atonement. In the cold of bitter sorrow, we can experience the closeness and warmth of heaven’s embrace.
(Dieter F. Uchtdorf, “Grateful In Any Circumstances”, *Ensign* May 2014)

“The Lord has answered my prayers many times... His answers aren’t always as immediate and clear, but His awareness of me is just as evident today as it was that lonely night. Whenever the dark shadows of life blanket my world, I know He always has a plan to see me safely home again.”
(Jean A. Stevens, “Fear Not; I Am with Thee” *Ensign* May 2013)

“We must be ready to allow ourselves to be interrupted by God”
(Dietrich Bonhoeffer, *Life Together*)

Grief can help me grow

Though I may not understand all the reasons for my loss, I can be sure that God will use my experiences as a way to teach me if I will trust Him.

Psalms 119:169 “Let my cry come near before thee, O Lord: give me understanding according to thy word.”

2 Nephi 2:2 “... he shall consecrate thine afflictions for thy gain.”

D&C 136:31 “My people must be tried in all things, that they may be prepared to receive the glory that I have for them, even the glory of Zion; and he that will not bear chastisement is not worthy of my kingdom.”

“Shall I falter, or shall I finish? ...

“Many of the challenges we face exist because we live in this mortal world ...

“Such difficulties allow us to change for the better, to rebuild our lives in the way our Heavenly Father teaches us, and to become something different from what we were – better than we were, more understanding than we were, more empathetic than we were, with stronger testimonies than we had before.”

(Thomas S. Monson, “I Will Not Fail Thee, nor Forsake Thee”, *Ensign*, Nov 2013)

“We knew before we were born that we were coming to the earth for bodies and experience and that we would have joys and sorrows, pain and comforts, ease and hardships, health and sickness, successes and disappointments; and we knew also that we would die. We accepted all these eventualities with a glad heart eager to accept both the favorable and unfavorable. ... We were willing to come and take life as it came”

(Spencer W. Kimball “Tragedy or Destiny,” *Improvement Era*, Mar. 1966, 217).

“Work will cure your grief. Serve others”

(Dieter F. Uchtdorf, “Happiness, Your Heritage”, *Ensign*, Nov. 2008)

“As you and I come to understand and employ the enabling power of the Atonement in our personal lives, we will pray and seek for strength to change our circumstances rather than praying for our circumstances to be changed. We will become agents who “act” rather than objects that are “acted upon” (2 Nephi 2:26 “to act for themselves and not to be acted upon”)

(David A. Bednar “In the Strength of the Lord” *BYU Speeches*, Oct 2001)

“The scriptures teach that “there is ... opposition in all things” (2 Ne. 2:11). Just as times of joy and happiness come to each of us, so also comes pain to every mortal. How can we understand those moments in our life when we experience physical or emotional pain? ...

“In this mortal life, each of us is going to experience pain in one form or another. Pain may come from an accident or from a painful medical condition. We may feel deep pain from the mourning that appropriately comes with the loss of a loved one or the loss of affection from one we hold dear...

(Robert D. Hales, “Healing Soul and Body” *Ensign*, Nov. 1998)

"The fullness of the restored gospel gives perspective, purpose, and understanding. It allows us to face what otherwise appear to be unjust, unfair, unreasonable challenges in life. Learn those helpful truths by pondering the Book of Mormon and other scriptures. Try to understand those teachings not only with your mind but also with your heart ...

"When you face adversity, you can be led to ask many questions. Some serve a useful purpose; others do not. To ask, *Why does this have to happen to me? Why do I have to suffer this, now? What have I done to cause this?* will lead you into blind alleys. It really does no good to ask questions that reflect opposition to the will of God. Rather ask, *What am I to do? What am I to learn from this experience? What am I to change? Whom am I to help? How can I remember my many blessings in times of trial?* Willing sacrifice of deeply held personal desires in favor of the will of God is very hard to do. Yet, when you pray with real conviction, "Please let me know Thy will" and "May Thy will be done," you are in the strongest position to receive the maximum help from your loving Father.

(Richard G. Scott, "Trust in the Lord" *Ensign* Nov 1995)

"Elder Orson F. Whitney wrote: "No pain that we suffer, no trial that we experience is wasted. It ministers to our education, to the development of such qualities as patience, faith, fortitude and humility. All that we suffer and all that we endure, especially when we endure it patiently, builds up our characters, purifies our hearts, expands our souls, and makes us more tender and charitable, more worthy to be called the children of God, ... and it is through sorrow and suffering, toil and tribulation, that we gain the education that we come here to acquire"

(Elder Orson F. Whitney quoted in *Improvement Era*, Mar. 1966, 211).

"Our Heavenly Father, who loves us completely and perfectly, permits us to have experiences that will allow us to develop the traits and attributes we need to become more and more Christlike. Our trials come in many forms, but each will allow us to become more like the Savior as we learn to recognize the good that comes from each experience. As we understand this doctrine, we gain greater assurance of our Father's love. We may never know in this life why we face what we do, but we can feel confident that we can grow from the experience ...

Instead of asking "Why me?" or "What did I do to deserve this?" maybe the question should be "What am I to do? What can I learn from this experience? What am I to change?" ... we can learn to serve and think of others even in our times of trial ..."

(James B. Martino, "All Things Work Together for Good", *Ensign*, May 2010)

"Some losses, such as the death of a loved one, cannot be altered. But grief motivates us to act, even if only to seek counsel, to reach out to others, or to pray for strength and understanding."

"At first, I felt that my grief meant I lacked faith. But with time, I understood that grief was a normal, healthy response ... In God's plan for me, grief was a refining fire that transformed my love for others, my perspective on life's challenges, and my faith in Heavenly Father."

(Ashley Isaacson Woolley "The Refining Fire of Grief", *Ensign*, Feb 2013)

"We can trust that He will help us, not necessarily in the way we want but in the way that will best help us to grow. Submitting our will to His may be difficult, but it is essential to becoming like Him and finding the peace He offers us." (Jean A. Stevens, "Fear Not, I Am With Thee", *Ensign*, May 2014)

The Doctrine of Eternal Life

Ultimately what will give me most comfort and confidence in the future is my understanding of the doctrine of eternal life. As I understand God's plan for me and for all His children, I can find hope and peace.

Job 19:25-26 “For I know that my redeemer liveth, and that he shall stand at the latter day upon the earth: And though after my skin worms destroy this a body, yet in my flesh shall I see God.”

Psalms 30:5 “... weeping may endure for a night, but joy cometh in the morning.”

Ecclesiastes 12:7 “the spirit shall return unto God who gave it.”

Isaiah 51:11 “... everlasting joy shall be upon their head: they shall obtain gladness and joy; and sorrow and mourning shall flee away.”

Matthew 22:32 “God is not the God of the dead, but of the living.”

John 11:25 “... he that believeth in me, though he were dead, yet shall he live ...”

John 16:22 “And ye now therefore have sorrow: but I will see you again, and your heart shall rejoice, and your joy no man taketh from you.”

John 20:31 “... that believing ye might have life through his name.”

Romans 14:9 “For to this end Christ both died, and rose, and revived, that he might be Lord both of the dead and living.”

1 Corinthians 15:22 “For as in Adam all die, even so in Christ shall all be made alive.”

1 Corinthians 15:55 “O death, where is thy sting? O grave, where is thy victory?”

Revelation 14:13 “Blessed are the dead which die in the Lord from henceforth: Yea, saith the Spirit, that they may rest from their labours; and their works do follow them.”

Alma 4:14 “... being filled with great joy because of the resurrection of the dead ...”

Alma 22:14 “... he breaketh the bands of death, that the grave shall have no victory, and that the sting of death should be swallowed up in the hopes of glory ...”

Ether 12:32 “... thou hast prepared a house for man, yea, even among the mansions of thy Father, in which man might have a more excellent hope ...”

D&C 138:17 “Their sleeping dust was to be restored unto its perfect frame, bone to his bone, and the sinews and the flesh upon them, the spirit and the body to be united never again to be divided, that they might receive a fullness of joy.”

“Of utmost comfort to me during this tender time of parting have been my testimony of the gospel of Jesus Christ and the knowledge I have that my dear Frances lives still. I know that our separation is temporary. We were sealed in the house of God by one having authority to bind on earth and in heaven. I know that we will be reunited one day and will never again be separated. This is the knowledge that sustains me.”

(Thomas S. Monson, “I Will Not Fail Thee, nor Forsake Thee”, *Ensign* Nov 2013)

Other Resources

The following are magazine articles and books that I have found helpful.

Sharon Evans Brown, "Till We Meet Again", *Ensign*, Feb 1995

Robert D. Hales, "Healing Soul and Body", *Ensign*, Nov 1998

Kay Lindsay, "Even Though He's Gone", *Ensign*, Jan 1988

James B. Martino, "All Things Work Together for Good", *Ensign*, May 2010

Thomas S. Monson, "I Will Not Fail Thee, nor Forsake Thee", *Ensign*, Nov 2013

Thomas S. Monson, "We Never Walk Alone", *Ensign*, Nov 2013

Richard G. Scott, "Trust in the Lord", *Ensign*, Nov 1995

Jean A Stevens, "Fear Not; I Am with Thee", *Ensign*, May 2014

Ashley Isaacson Woolley, "The Refining Fire of Grief", *Ensign*, Feb 2013

Joyce & Dennis Ashton, *Jesus Wept*, 2001

Joan Didion, *The Year of Magical Thinking*, 2005

Duane E. Hiatt, *Overcoming Personal Loss*, 1990

C.S. Lewis, *A Grief Observed*, 1961