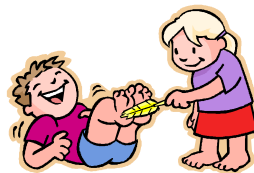




Your Family and Loss

When we lose a loved one, especially in the family, our whole world changes. There is an emptiness that somehow cannot be filled. We miss them; we want to talk to them; we want to feel their love and support. But they are not with us any longer and we suddenly fear we are going to forget them. It's important that we do everything we can to keep their memory alive within us.



1. Parent telling story to children about the deceased loved one
2. Dinner table with family around it with one place missing
3. Children laughing—having fun is still OK
4. Candle and Bible—talking about the Communion of Saints

Think It Through

Share with your parents your favorite story about the one who died _____

Tell something funny that happened in regard to them _____

One thing you are thankful for because of them _____

Act

Write a short prayer in honor of your loved one who has died. Display their photo.

Scripture

“In my distress I cry to the Lord, that he may answer me.” (Ps. 120:1)

Resources:

Books: Straight Talk About Death for Teenagers by Earl A. Grollman
Tear Soup by Pat Schwiebert and Chuck De Klyen

Magazine: (for adults) “Grief Digest”

Website: www.adec.org.