

# Loss of a Loved One

**The LORD is near the brokenhearted; he saves those crushed in spirit. *Psalm 34:18***

Losing someone is one of life's most challenging experiences, and it can be particularly hard for teens to process these emotions. As a parent, it's important to provide a nurturing and understanding environment where they can express their grief. Encourage them to share their feelings and memories of their loved one and reassure them that grieving is a natural process. Let them know that it's okay to feel a range of emotions, and God is with them in their sorrow offering comfort and peace.

## ➤ **conversation starter**

I know this is a really difficult time. Would you like to talk about how you're feeling or share any memories you have of [loved one's name]?

It's normal to have lots of different emotions when someone we love passes away. I'm here to listen to anything you want to talk about.

## ➤ **navigating the conversation:**

- **Acknowledge Their Grief:** Recognize and validate their feelings of loss. It's important to acknowledge that grief can manifest in various ways, such as sadness, anger, confusion, or even numbness.
- **Share Your Feelings:** Be open about your feelings regarding the loss. This can help them understand that what they're experiencing is normal, and they're not alone in their grief.
- **Listen Actively:** Give them your full attention and listen without judgment or the need to offer immediate solutions. Sometimes, just being heard can be a comfort.
- **Encourage Expression:** Let them express their grief in their own way. Some may want to talk, while others may find solace in writing, art, or music.
- **Offer Comfort:** Physical comfort, like a hug, can be soothing, or comforting words to let them know you are there for them. Scripture can also be very comforting and can inspire hope when used in an appropriate way. (See Ps. 34:18; 46:1; Matt. 5:4; 2 Cor. 1:3-4.)
- **Respect Their Process:** Understand that everyone grieves differently. Some may want to talk a lot, while others prefer solitude. Respect their need to process the loss in their own way.
- **Discuss the Concept of Death:** Depending on their age and maturity, discuss the concept of death in a sensitive and honest way. It's okay to talk about the finality of death while also discussing your hope in Jesus.
- **Remember the Deceased:** Encourage them to share memories and stories about their loved one. This can be a healing way to honor the person's life and impact.
- **Pray Together:** If appropriate, pray with them for comfort and strength. You can also encourage them to talk to God in their own words.
- **Monitor Their Well-Being:** Keep an eye on their emotional health in the following days and weeks. Be aware of signs of prolonged depression or anxiety and consider seeking professional help if necessary.

