



Nita Edwards

Sharing Hope in Christ, Power through Prayer

www.NitaEdwardsNow.com



1977- Now

DEALING WITH DEATH

My observation is sometimes comforting words come from friends when the weight of grief seems heaviest. Some sweet remembrance shared by a friend who took the opportunity to invest in someone else is always in short supply, especially during festive seasons.

Consider these suggestions during a time of transition in the lives of friends who have lost loved ones:

1. First, don't be afraid to mention the person they have lost; nothing is worse than thinking everyone has forgotten the one they loved.
2. Go ahead and recall the memories you have of that person.
3. Mail encouraging cards; include scriptures that are appropriate to their situation.
4. Ask sincere questions like: How are you really doing? What are you struggling with most?
5. Remind them how proud their loved one was of them.
6. Place the departed loved one's picture / name on the refrigerator and pray for the family left behind during the holidays.
7. Donate to a cause their loved one cared about, then send the family a note to tell them what was done in his/her memory.
8. Encourage other friends to also mail notes throughout the times of celebration.
9. Make yourself available.
10. Remember: that first Christmas season, God entered the world to carry a burden we could not carry ourselves. What a wonderful season to do that for others!

Jeremiah 29: 11 "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

"By the blessing of the upright a city is exalted." (Proverbs 11:11)