

Blessed are those who mourn, for they will be comforted.

Matthew 5:4 (NIV)

Happy are those who mourn; God will comfort them!

Matthew 5:4 (GNT)

WHAT SHOULD I DO WHEN I'M SAD?

1. EMBRACE YOUR GRIEF

*As the deer pants for streams of water,
so my soul pants for you, my God.
My soul thirsts for God, for the living God.
When can I go and meet with God?
My tears have been my food
day and night,
while people say to me all day long,
"Where is your God?"
These things I remember
as I pour out my soul:
how I used to go to the house of God
under the protection of the Mighty One
with shouts of joy and praise
among the festive throng.*

Psalms 42:1-4 (NIV)

GriefShare

Griefshare is a support group for people grieving the death of someone close. Each session includes a video featuring top experts on grief, small group discussion and group activities.

You can register for in person or virtual classes at seacoast.org/events

2. KEEP TRACK OF YOUR BLESSINGS

*My soul is downcast within me;
therefore I will remember you
from the land of the Jordan,
the heights of Hermon—from Mount Mizar...*

*By day the Lord directs his love,
at night his song is with me—
a prayer to the God of my life.*

Psalms 42:6, 8 (NIV)

Have you noticed that bad things come in threes?

- English proverb: If an unfortunate event has already occurred twice, a third unfortunate event is likely to occur.
- English Proverb: Misfortune never comes alone

Psychology Today: 7 Scientifically Proven Benefits of Gratitude

1. Gratitude opens the door to more relationships.
2. Gratitude improves physical health
3. Gratitude improves psychological health
4. Gratitude enhances empathy and reduces aggression
5. Grateful people sleep better.
6. Gratitude improves self-esteem
7. Gratitude increases mental strength

Give thanks in all circumstances; for this is God's will for you in Christ Jesus.
1 Thessalonians 5:18 (NIV)

3. TRUST GOD WITH THE OUTCOME

*Why, my soul, are you downcast?
Why so disturbed within me?*

Put your hope in God,
*for I will yet praise him,
my Savior and my God.*

Psalm 42:11 (NIV)