

GriefShare

What can I expect from GriefShare?

During each GriefShare session, we will watch a professionally prepared video from the GriefShare DVD Collection. As outlined below, there are 13 topics. The typical length of each video is 36 minutes.

The GriefShare videos cover issues essential to your recovery from the death of a person in your life. These videos feature interviews with grief recovery experts, and they offer real-life stories of people who have experienced the death of a loved one.

POP will provide a Workbook to each GriefShare participant. This workbook supplements the video presentation and offers activities and exercises that you can use at home with your family and friends...or just with yourself. We will also use these workbooks during the GriefShare sessions to facilitate group discussions. The workbooks also make great Personal Journals.

The exact dates of the sessions are found on the websites for POP and GriefShare

Please do not worry if you miss a session; GriefShare is a perpetual program
After one cycle of sessions is complete, a new cycle will start.

There is no charge for GriefShare at POP and you are welcome to attend as many cycles at POP as you wish.

Session Topics

LIVING WITH GRIEF — SESSION 1

This session introduces you to GriefShare.

This video also explains what living with grief is like, why you should not be ashamed of your grief and why you should not rush through your healing.

THE JOURNEY OF GRIEF — SESSION 2

This session prepares you for what to expect along the journey of grief.

It emphasizes that everyone's journey is unique and it cautions against comparing your grief experiences with others.

THE EFFECTS OF GRIEF — SESSION 3

You are probably surprised at how debilitating grief is.

This session explains that this is normal and it suggests practical ways to find comfort.

WHEN YOUR SPOUSE DIES — SESSION 4

If you have lost your spouse, this session helps you think through the critical issues involved in your healing. It also begins preparing you to face the difficult transition into a new reality without your spouse. This is a good session even if you have not experience this type of loss.

YOUR FAMILY AND GRIEF — SESSION 5

This session shares how to keep your family afloat when its members are drowning in grief. It also presents some of the unique issues involved if you are grieving the death of a child.

WHY? — SESSION 6

Just because God does not answer all of your questions does not mean that He will not answer any of them. This session answers the "Why?" questions and encourages you to begin asking other questions, as well.

THE UNIQUENESS OF GRIEF, PT. 1 — SESSION 7

This session explores how the causes of death for your loved one affects your grief. Topics include suicide, long-term illness, murder and false guilt.

THE UNIQUENESS OF GRIEF, PT. 2 — SESSION 8

Relationships, past and present, affect your grief.

This session helps you address insensitive comforters and resolve conflicts with deceased loved ones.

GOD'S PRESCRIPTION FOR GRIEF — SESSION 9

The bereaved are often overwhelmed by the advice they receive from others. Often, what goes unnoticed is what God says about healing. This session tells you how to position yourself to experience God's healing.

STUCK IN GRIEF — SESSION 10

It is easy to get stuck along the journey of grief. This session explains how to keep moving on the path to healing.

TOP TWENTY LESSONS OF GRIEF, PT. 1 — SESSION 11

In this session, those who have walked the journey of grief will share what they have learned and how they have grown from their grief experience.

TOP TWENTY LESSONS OF GRIEF, PT. 2 — SESSION 12

In this session, you will hear the most significant lessons that you can learn during grief.

HEAVEN — SESSION 13

This session gives practical advice on how to tap into, and hold onto, the source of hope in this challenging world...GOD