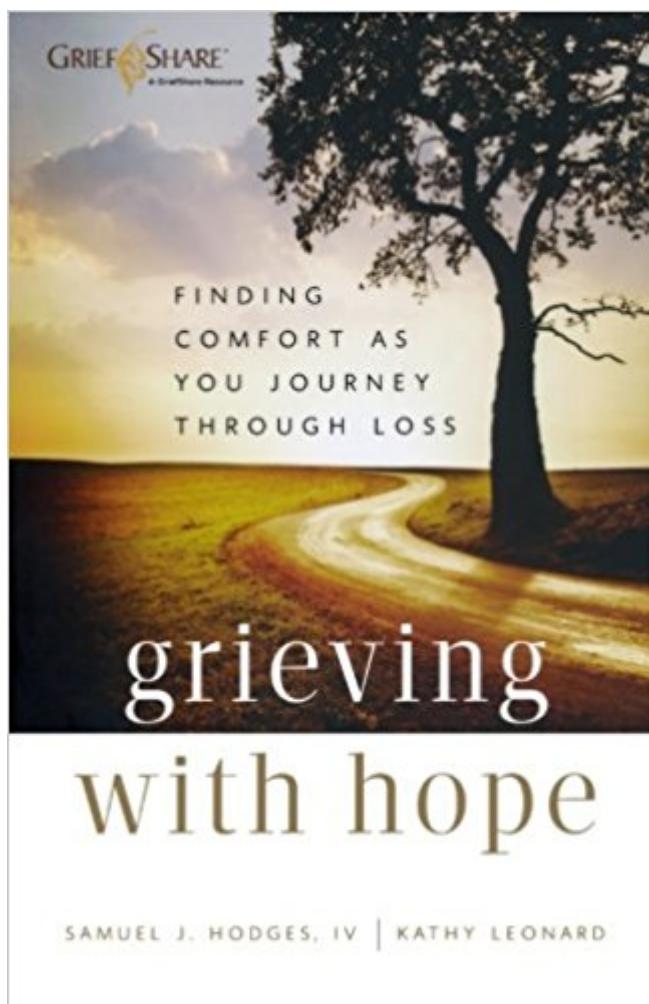


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# Grieving With Hope: Finding Comfort As You Journey Through Loss



## **Synopsis**

Practical and straightforward, yet warm and compassionate, Grieving with Hope clarifies the popular misconception that people move through stages of grief. This will be an encouragement to many, as grieving people often think something is wrong with them when their grief doesn't proceed neatly through stages. The reality is that grieving people jump back and forth between different emotions, sometimes wrestling with multiple emotions at once. This book is packed with short, biblically based, gospelcentered, topical chapters addressing the issues grieving people face but are often hesitant to mention to others. It helps readers accurately interpret the message their emotions are sending them and gently guides them to determine whether they're grieving in a way that leads to hope and ultimate healing. Developed from interviews with over 30 well respected Christian counselors, teachers, and authors, as well as numerous personal testimonies, Grieving with Hope helps the bereaved discover how hope and peace are available amidst their heartache and pain.

## **Book Information**

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## **Customer Reviews**

Grief does not follow neatly outlined stages. When you're going through it, it feels like it will never end. You jump back and forth between different emotions, sometimes wrestling with many at the same time. But the good news is that peace is possible, even amid the heartache and pain. Practical and straightforward, yet warm and compassionate, Grieving with Hope is packed with short, gospel-centered, topical chapters addressing the issues grieving people face but are often hesitant to mention to others. Life is never the same after you lose someone. But this honest and hope-filled book can help you grieve in a healthy way that leads to ultimate healing. "Grieving with Hope is

simply profound. The toughest questions are answered simply enough for deeply grieved individuals to grasp the hope that is offered."--Julie Ziglar Norman, speaker, co-author, *Embrace the Struggle: Living Life on Life's Terms*"This book is an easy read that provides biblically based practical suggestions from real grievers that generate a hopeful spirit for the grief journey."--Susan Zonnebelt-Smeenge and Robert DeVries, coauthors, *From We to Me and Traveling through Grief*"A beautifully and clearly written book that is full of realistic, biblical counsel."--Rev. Siang-Yang Tan, PhD, author, *Counseling and Psychotherapy: A Christian Perspective*"This book is a heartfelt expression of the myriad of emotions and challenges that invade the life of those who have lost a loved one. You will read authentic accounts from people who have experienced that loss themselves and offer real help and comfort."--Lois Rabey, author, *When Your Soul Aches*Review"I wish I had this book two years ago. When my mother-in-law died of cancer at the age of 59, our family entered into a profound experience of deep grief. . . . I believe that if we had *Grieving with Hope* in our hands then, it would have helped us to better navigate the treacherous waters of loss. *Grieving with Hope* had me at the very first page when the authors said, 'You are to be commended for using the precious little energy you have to read this book, because if you're grieving the death of a loved one or friend, you may feel you cannot go on. Picking up a book to find strength is like trying to move your car from your garage to your driveway--by lifting it' (p. 7). The authors genuinely understand the experience of grief--what it feels like, how it operates, what it is--and they speak directly and compassionately to people who are going through it right now. . . . [Grieving with Hope] has sixteen chapters . . . full of simple, clear, do-able advice. . . . My biggest takeaway from *Grieving with Hope*, which is still bearing fruit in our ongoing grief, is the insight that grief is an expression of love. The authors quote Zig Ziglar: 'Grief is the recognition that you've lost someone you love. It's the price you pay for loving someone, because if there were no love, there'd be no grief' (p. 19)."--Matt Mitchell, The Biblical Counseling Coalition

Samuel J. Hodges, IV (M.Div., Southeastern Baptist Theological Seminary) is executive producer for Church Initiative. He created the current edition of *Grief Share* to complement the content of *Grieving with Hope*. Sam lives with his wife, Rachel, and their four children in North Carolina. Kathy Leonard is editorial director for Church Initiative and coauthor of *Through a Season of Grief: Devotions for Your Journey from Mourning to Joy* and *Divorce Care: Hope, Help, and Healing During and After Your Divorce*. Kathy and her husband, Tim, live in Virginia with their three children.

After the deaths of my 15-year old daughter Elizabeth on February 19, 2010 and my Mom on May

13, 2010, I started attending a GriefShare small group facilitated by others who had also suffered the loss of a loved one. I really enjoyed my time with the group and went through it a second time with my Dad. I was glad when GriefShare came out with this short, concise book entitled Grieving With Hope, which covers the basic material we discussed in our small groups. Grief can be overwhelming, even for a mature Christian, but as this book so clearly shows we can navigate our way through grief with God's help. I cannot recommend GriefShare or Grieving With Hope strongly enough, and in fact, I give away extra copies of this book to people who are grieving. It is that good! Both GriefShare and Grieving With Hope are invaluable resources to help you on your journey through grief. May God bless you!

This has been one of the most helpful books I have read while dealing with the recent loss of my beloved husband to whom I was married for nearly 49 years. It is sensitive, practical and spiritual. I have attempted to put the principles into practice in my daily life, and believe it is helping me deal with the overwhelming grief. One aspect that was especially helpful was the chapter on dealing with insensitive comforters. The authors make the point that people mean well, but are inexperienced at comforting, and most have never been in one's particular situation. It is up to those of us who are grieving to let them know what is helpful and what is not. This is the most difficult situation in my entire life, but it does help to read others' experiences, and how they dealt with them.

Given as gifts to members of GriefShare.

Wonderful read despite the circumstances. Love all the biblical references and relate-ability to a difficult situation.

Very helpful in the grieving journey.

My husband and I are going through the loss of our grandson, this book was given to us and I have given this book to a good friend of mine. It's also used in a grieving support group. Chapter 4 has helped me a lot. Great book for someone who is grieving and is lost

it's not a cure but it will help

A book most helpful to the ones who have lost loved ones. It has helped me to realize a new journey

lies ahead for me.

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