

21-DAY JOURNEY TO UNDERSTANDING GRIEF AND HEALING



NO MORE GOOD-BYES

WHAT THE BIBLE SAYS
ABOUT WINNING IN GRIEF

RUBY L. TAYLOR, M.S.W.

To:

From:

Psalm 46:1

God is our refuge and strength,
a very present help in times of trouble.

NO MORE GOOD BYES

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*In Memory of
All Who Went to Sleep Before Us*

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Psalm 102:18 (NKJV)

*This will be written for the generation to come,
That a people yet to be created may praise the LORD.*



PART 1

THE PROCESS OF GRIEF AND LOSS



DAY 1: OUR VALLEY

Psalm 23 (NKJV)
A Psalm of David.

- ¹ The LORD is my shepherd;
I shall not want.*
- ² He makes me to lie down in green pastures;
He leads me beside the still waters.*
- ³ He restores my soul;
He leads me in the paths of righteousness
For His name's sake.*
- ⁴ Yea, though I walk through the valley of the shadow of death,
I will fear no evil;
For You are with me;
Your rod and Your staff, they comfort me.***
- ⁵ You prepare a table before me in the presence of my enemies;
You anoint my head with oil;
My cup runs over.*
- ⁶ Surely goodness and mercy shall follow me
All the days of my life;
And I will dwell in the house of the LORD
Forever.*

Losing a loved one is one of the hardest valleys we will travel through. No words, no expressions, no actions can identify or adequately express the totality of the grief and loss process. In our

NO MORE GOOD BYES

valley of grief and loss, David sheds light on how God will get us through “the shadow of death.” In our pain, sadness, tears, and regrets, the above scripture tells us three truths that will assist us in walking through the valley of grief and loss:

- 1) God was with our loved one every step of the way through life and into death
- 2) God is with you in your valley of grief
- 3) God will comfort you

When times become so rough that you find it difficult to get out of bed, when pain strikes so sharp, remember that God will comfort, provide, and guide you through your difficult time. Please remember: God is with you in your valley even when you can't see or feel Him near.

