

## Consolation for the Grieving Resources

This video is for any experiencing a season of grief or loss. God's everlasting arms will hold us securely as His multi-splendored grace perfectly matches our needs.



### **Resources for the grieving:**

**Psalms of lament:** Many find Psalm 22, 55, 69, 77, and 88 a good starting place in voicing the lament of grief. At least a third of the Psalms express lamentation, so you will find voice for your grief throughout these songs of scripture.

**GriefShare:** Find seminars and support groups through the GriefShare [website](#).

**Music:** The MPC Music [playlist](#) includes many consoling songs. What songs help you share your sorrow with the Lord while lifting your eyes to Him in worship?

**The Consoling Beauty of Truth:** During seasons of loss, reading beautiful Christian writings brings deep comfort to the heart. What is a favorite book that you turn to for the comfort of gospel truth?

**Books on Grief:** Wise authors help our grief make sense and shine a light on the radiant path through the valley of the shadow of death. Some Christian classics: *A Grief Observed*, Lewis; *Lament for a Son*, Wolterstorff; *A Grace Disguised*, Sittser; *Streams in the Desert*, Cowman.