

Grieving During the Holidays

Striving to be Whole While Feeling
Broken



*How to Help
Someone
Grieving
during the
Holidays*

Introduction

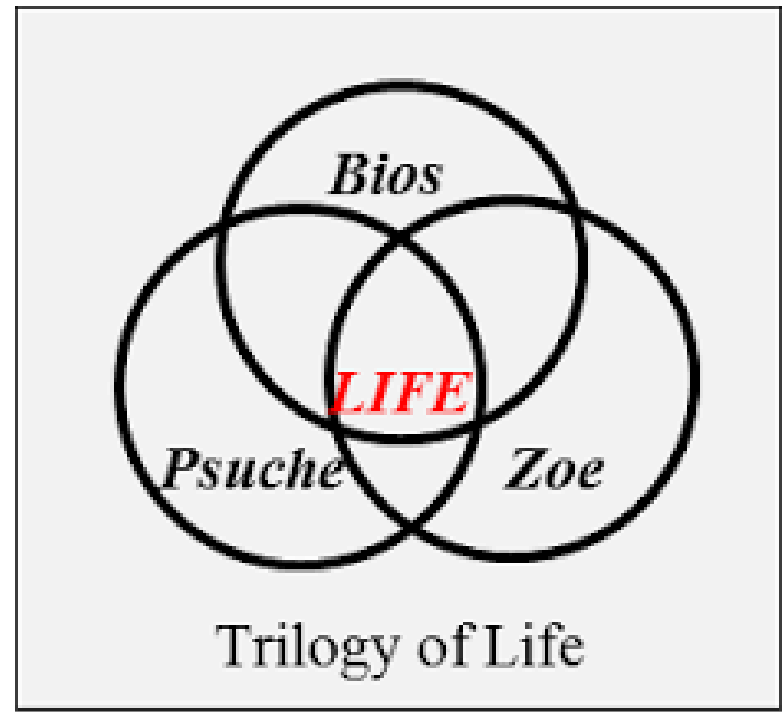
- We have to look at our human nature so we can actually see what holiness (happiness) is supposed to look like
- We look at how grief affects this holiness (wholeness and happiness)
- Look at practical steps to counter grief's affect on our happiness
- Look at a role model in Our Lady of Sorrows

“I came that they might have life in its fullness” (Jn. 10:10)

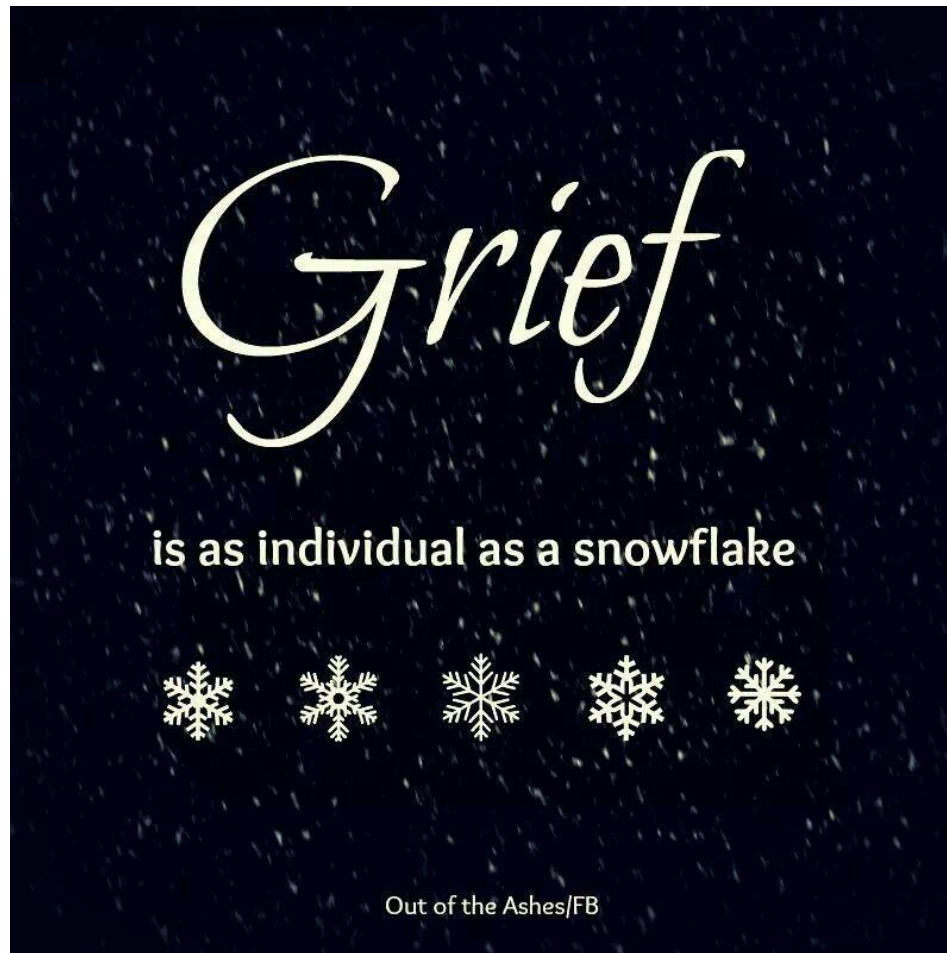
- **Physical** (biology) **Bios**
- **Emotional** (affectivity)-
Affectivity comes from bios
- **Intellectual** (Knowledge, behavior, and choices-**Psuche** a.k.a **Psyche**)
- **Social** (**Psyche**-relationships)
- **Recreational** (**Psyche**-things that re-create us as human, i.e leisure)
- **Spiritual** (**Zoe**)

*3 levels of life in red, purple, or green

*6 aspects of humanity in blue



Grief's effect on Body



World Happiness Report

Happiness based on:

- Success of people
- Report of contentment of life
- Wealth
- Family
- Overall well-being of life



Countering Grief

- Bios
- Psyche
- Zoe



Our Lady of Sorrows

Two Lessons integral to grief

1. Turning Grief into sacrifice and an act of Faith
2. Choosing the Cross of Christ instead of just “the cross”



Conclusion

I have told you this so that

MY **JOY** may
be in
YOU

& so that your
JOY may be
COMPLETE.

John 15:11