



The Story

I Samuel 31-II Samuel 2.

_____ your Grief and Loss.

Psalm 109:21-25. Psalm 42:1-4. Psalm 137

Denial – disbelief, pretending or minimizing

Anger – hurt and frustration, resentment, bitterness

Bargaining – What if? If only? Why don't you ... ?

Depression – Deep sadness, isolation and withdrawal

Acceptance – Acknowledge the reality and moving forward

_____ your Past

Philippians 4:8

_____ from God to Move Forward

I Samuel 16:1-4a

Next Week: Advent _____

