



CCN WEEKLY SOLUTIONS SERIES
THE WEEK OF AUGUST 20, 2007



Secrets of the Good Life, #2: Put On a Happy Face

Featuring

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*Best-selling co-author of Boundaries series,
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I. Introduction

Grief is one of the best things you can do to be happy

²and he began to teach them, saying: ...
⁴“**Blessed are those who**”
—Matthew 5:2, 4

II. Grief

Definition: Emotionally accepting loss

Kinds of losses:

- Personal
- Of or in relationships
- Of opportunities
- Of health
- Childhood losses

Approaches to dealing with loss:

- Minimization
- Positivism
- Denial
- Acceptance

Emotions associated with loss:

- Anger

Sadness (crying/weeping) – signs of the grief process

Grief is the pain that can cure most of our other pains

*A sad face is good
for the heart.*
—Ecclesiastes 7:3

III. What the grief process can do for you

Results:

Grief orients you toward reality

Grief allows you to take in new things

Letting go is painful but creates room in your heart for the new things

Allow yourself to be comforted

Relationships help to resolve the grief

Grief helps us move on in our brains

Grief resolves emotional struggles

Depressions etc. are resolved when people go through the grief process

*[God] will repay you
for the years the
locusts have eaten...
—Joel 2:25*

IV. Key aspects of grief

Grief is the only pain you voluntarily enter into

Grief is an ability more than an experience

Mini-griefs for every stoplight—for things we can't do anything about

V. Things that keep you from being a good griever

Lack of resources, mainly relational resources

Friends

Counseling, if grief is overwhelming

Need to feel strong, to have power

Grief's cost: you have to admit you're helpless

You don't fight the ocean

Grief feels bad

Get out of the mentality that life's about avoiding pain

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VI. Tips for grief

- Make sure you're connected to safe people
- Learn to value what is lost
- Protest!—for a season
- Learn to say:

“Oh, well”

“It is what it is”—accept reality

Next week on *Solutions*: “Get Real Power”

Resources:

BOOKS:

Hiding from Love

By Dr. John Townsend
www.zondervan.com

How People Grow

By Drs. Henry Cloud and John
Townsend
www.zondervan.com

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