



JESUS

AT THE CENTER OF IT ALL



**GUARDING
YOUR HEART
IN YOUR
TIME OF
LOSS**

John 17:22-23

“I have given them the glory that you gave me, that they may be one as we are one: I in them and you in me.”

John 15:4-6

“Remain in me, and I will remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.”

John 15:4-6

“I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing. If anyone does not remain in me, he is like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned.”

Psalm 95:8

**“Do not harden your hearts, as
at Meribah, as in the day of
Massah in the wilderness.”**

**DISAPPOINTMENT
WITH GOD WAS
BLOCKING THEIR
INTIMACY WITH HIM.**

Philippians 4:8

**"Finally, brothers, whatever is true,
whatever is noble, whatever is right,
whatever is pure, whatever is lovely,
whatever is admirable—**

**if anything is excellent or praiseworthy--
think about such things."**

Romans 10:10

**“It is with the heart
that we believe”**

**WHEN I EXPERIENCE LOSS I
RUN THE RISK OF BEING
DISAPPOINTED WITH GOD.**

**AND DISAPPOINTMENT WITH
GOD WILL BLOCK MY
INTIMACY WITH GOD.**



**LOSS COMES
TO US ALL**



**1. FIND STRENGTH
IN THE SUPPORT
OF OTHERS.**

The background features a lush arrangement of white flowers, likely snowdrops, with green stems and leaves. The scene is set against a soft, light green background with a subtle pattern of small, dark green spots. The entire composition is framed by a decorative border with a scalloped edge, accented with green, bubbly patterns.

2. STAY CONNECTED TO CHURCH

The background features a light green gradient with several green water droplets of varying sizes. In the bottom-left corner, there is a dense cluster of small, white, bell-shaped flowers on thin green stems. The entire scene is framed by a white border with a scalloped edge, set against a dark green background.

3. READ GOOD BOOKS



Healing a Spouse's Grieving Heart

100 PRACTICAL IDEAS
AFTER YOUR HUSBAND
OR WIFE DIES

Alan D. Wolfelt, PhD

HEALING A SPOUSE'S GRIEVING HEART

Alan Wolfelt

A Grace *Disguised*

How the Soul Grows Through Loss



A GRACE DISGUISED

Gerald Sittser

The background features a soft-focus image of white flowers, possibly snowdrops, in the lower-left corner. The rest of the background is a light green color with several water droplets of varying sizes scattered across it. A white rectangular frame with a thin black border is centered on the page, containing the text.

**4. BE PATIENT
WITH YOURSELF**

2 Corinthians 12:9

**"My grace is sufficient for you,
for my power is made perfect
in weakness."**



**5. LET GRIEF DO
ITS WORK IN YOU**

The background features a soft-focus image of white flowers, possibly lily of the valley, with green stems and leaves. The top half of the image has a light green background with several water droplets of varying sizes. A white rectangular frame with a thin black border is centered on the right side of the image. The text is overlaid on this frame.

**6. PROCESS YOUR
LOSS WITH
OTHERS**

**“If you desire community,
seek solitude.
If you desire solitude,
seek community.”**

Dietrich Bonhoeffer


The background features a lush arrangement of white, bell-shaped flowers, likely snowdrops, with green stems and leaves. The scene is set against a soft, light green background with a subtle pattern of small, dark green spots. The entire composition is framed by a decorative border with a scalloped edge, featuring a green and white color scheme.

**7. LET THE LORD
SUSTAIN YOU**

Hebrews 13:5

God has said,

**‘NEVER WILL I LEAVE YOU;
NEVER WILL I FORSAKE YOU’**



Proverbs 4:23 (NIV)

**"Above all else, guard
your heart, for it is the
wellspring of life."**

They that wait upon the Lord shall
renew their strength
They shall mount up with wings of eagles
They shall run and not be weary
They shall walk and not faint.
Teach me Lord, teach me Lord to wait.



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