

MENDING YOUR GRIEVING HEART . . .

When you lose someone close to you, sometimes it takes more than time to mend our broken hearts. For some, quiet, individual contemplation works. For others, it helps to have a close confidante to talk to about your loved one. Some benefit from sharing their grief and thoughts with others with the help of a guide. There is no wrong or right way to grieve. The important thing is to do the work of grieving. Shepherd of the Glades would like to offer the option of a closed grief support group from a Christian perspective. The group is 12 weeks long, using the book, “Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart” by Dr. Alan Wolfelt, one of America’s leading grief counselors for over 40 years. The materials for the group cost \$26 per person. The group is facilitated by Pastor Jeff, Lynn Dickerman, and Marcia Schacht. We are contemplating a start date in September.

In our previous grief support groups, participants shared the following to the question, “What impact has this group experience had on your grief journey?”

- “It has helped me navigate between my head and my heart to better understand my grief as I go forward.”
- “It has been helpful in assisting me progress through my wilderness of grief, reassuring me that what I experience is normal.”
- “I had no idea about how little mourning I allowed myself . . . It has been painfully eye opening. The companionship and parallel experiences are very valuable.”
- “I came from a dark place into the light. I’ve found hope and love going forward.”

If you would like more information or would like to register for this grief support group, please call the church office at 239-775-0696.

The following was taken from a devotional by Rick Warren (6/8/2026):

“How God Blesses Your Broken Heart”

You don’t get over a loss. You can’t go under it; you can’t go around it. You’ve got to go through the grief. And if you’re scared to express emotion and refuse to go through it, you just get stuck. You get unstuck by letting God help you.

Following is a list of six ways God blesses your broken heart.

1. God draws you close to himself. Psalm 34:18 - “The LORD is close to the brokenhearted, and he saves those whose spirits have been crushed.” God is not a million miles away, even though it may feel like it. In fact, He’s never been any closer.
2. God grieves with you. Isaiah 53:3 - Jesus was “a man of sorrows, acquainted with deepest grief.” When you come to Jesus with your grief, He understands your pain, is sympathetic, and grieves with you.

3. God gives you a church family for support. Romans 12:5, 10, 15 - “In Christ we, though many, form one body, and each member belongs to all the others . . . Be devoted to one another in love . . . Rejoice with those who rejoice; mourn with those who mourn.” We are meant to grieve and heal in community. We’re better together!
4. God uses grief to help you grow. Romans 5:3-5 - “We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. And endurance develops strength of character, and character strengthens our confident hope of salvation. And this hope will not lead to disappointment. For we know how dearly God loves us, because He has given us the Holy Spirit to fill our hearts with His love.” Romans 8:28 - “And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.” 2 Corinthians 4:17-18 - “For our present troubles are small and won’t last very long. Yet they produce for us a glory that vastly outweighs them and will last forever! So we don’t look at the troubles we can see now; rather, we fix our gaze on things that cannot be seen. For the things we see now will soon be gone, but the things we cannot see will last forever.” God uses pain to get your attention; He brings good out of bad, and he prepares you for eternity.
5. God gives you the hope of heaven. Thessalonians 4:13 - “We don’t want you to be ignorant about those who have died. We don’t want you to grieve like other people who have no hope.” Your life on earth is short, but if you trust Jesus Christ for your salvation, then you have the hope of spending eternity in heaven with God. That hope will sustain you through your time of loss.
6. God uses your pain to help others. 2 Corinthians 1:4 - “[God] comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us.” This is called redemptive pain, and it is the highest and best use of the pain you go through. God does not want you to waste a hurt.