

STAGES OF GRIEF

Stage	Scripture	Song	Quote
Shock/Numb	Psalm 56:3	Everything Good	Let your faith be bigger than your fear.
Denial	Phil. 4:8	Come As You Are - Crowder	Deep down you already know the truth.
Anger	Prov. 29:11	Even If	A moment of patience in a moment of anger saves you a hundred moments of regret.
Confusion	1 Cor 14:33	Don't Give Up	There are some things you can only learn in a storm. – Joel Osteen
Bargaining	Ps. 43	Blessings	The future depends on what you do today. – Mahatma Gandhi
Guilt	Rom. 8:1	Come As You Are – Pocket Full of Rocks	No amount of guilt can solve the past, and no amount of anxiety can change the future.
Depression	Is. 41:10	Busted Heart	If you look at the world, you'll be distressed. If you look within, you'll be depressed. If you look at God, you'll be at rest. – Corrie TenBoom
Forgiveness	James 5:9	Don't Give Up On Me	Forgiveness doesn't excuse their behavior. Forgiveness prevents their behavior from destroying your heart. - Justin and Trisha Davis
Acceptance	John 14:27	Learning to Be the Light	What you deny or ignore, you delay. What you accept and face, you conquer.
Moving On	2 Cor. 13:11	Let the Waters Rise	I have come to believe that caring for myself is not self-indulgent. Caring for myself is an act of survival. – Audre Lorde