

# Keys to Overcoming Bereavement



-  Don't suppress or deny your emotions
-  Don't deny your need for help (1 Corinthians 12:12-27)
-  Don't retreat or withdraw from life
-  Don't refuse to talk
-  Don't condemn yourself
-  Don't remain idle or inactive
-  Don't forget the healing value of time
-  Don't forget to pray daily
-  Don't forget to read God's Word
-  Don't forget God loves you and understands

