Holy Cross Catholic Church
Grief Support

Session 6 of 18 • Thursday, December 3, 2026

Advent Waiting and Honest Hope

Opening Prayer

Our Father, in this season of sorrow, we turn to you. When we feel weakened with sadness, grant us the courage to shed tears that seek to flow and embrace us where we are. Help us to receive those you send so that we may feel safe to experience your love and consolation. In this season of sorrow, we gather and lift our hearts and minds to you. Heal us with your tender mercy and make this a season of hope. Trusting in your infinite kindness, gentleness, and love grant us peace and allow us to experience the comfort of your presence along with the Son and the Holy Spirit. Amen.

Scripture for Reflection

Isaiah 40:31 — Those who hope in the Lord receive renewed strength.

Reflection

Advent makes room for longing. Christian hope does not require cheerful feelings; it allows us to wait honestly while trusting that God remains present.

What I Want to Remember from Our Conversation

Reflection for Home Journaling

Create a gentle Advent practice: a candle, brief prayer, quiet walk, or act of kindness. Keep it small enough to be sustainable.

A Strength I Can Use

One Gentle Next Step I Choose

Additional Reflections or Prayer

Closing Prayer

God of hope, remain with us in the waiting. Receive our longing and renew our strength one day at a time. Help us notice Your quiet light. Through Christ our Lord. Amen.

If I Need More Support

I can contact a trusted person, my parish, my physician, or a licensed mental health professional. If I am in immediate danger or unable to stay safe, I will contact emergency services or the 988 Suicide and Crisis Lifeline by calling or texting 988.