Holy Cross Catholic Church
Grief Support

Session 8 of 18 • Thursday, January 7, 2027

After the Holidays

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

Psalm 23:1-3 — The Shepherd leads us toward rest and restores the soul.

Reflection

The weeks after the holidays can bring exhaustion, relief, loneliness, or renewed grief. Rather than judging the experience, we can notice what helped and use that knowledge going forward.

What I Want to Remember from Our Conversation

Reflection for Home Journaling

List what you learned: something to repeat, something to change, and one form of rest you can accept this week.

A Strength I Can Use

One Gentle Next Step I Choose

Additional Reflections or Prayer

Closing Prayer

Good Shepherd, restore us after demanding days. Help us learn from what we experienced without judgment and receive the rest we need. 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.