Holy Cross Catholic Church
Grief Support

Session 9 of 18 • Thursday, January 21, 2027

Caring for the Grieving Body

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

1 Kings 19:4-8 — God meets Elijah with rest, food, and gentle care.

Reflection

Grief affects sleep, energy, concentration, appetite, and the nervous system. Attending to basic needs is not selfish; it is a way of honoring the life God has given us.

What I Want to Remember from Our Conversation

Reflection for Home Journaling

Choose one small practice for the next two weeks: hydration, a regular meal, a short walk, a bedtime routine, medical care, or another supportive step.

A Strength I Can Use

One Gentle Next Step I Choose

Additional Reflections or Prayer

Closing Prayer

Creator God, You know our bodies and their weariness. Help us receive rest, nourishment, movement, and care without shame. Guide us toward wise support. 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.