Holy Cross Catholic Church
Grief Support

Session 10 of 18 • Thursday, February 4, 2027

Giving Every Emotion a Voice

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 13 — The psalms show that lament and trust can share the same prayer.

Reflection

Anger, relief, guilt, fear, gratitude, and numbness may all appear in grief. Emotions are information, not moral failures. We can name them without allowing them to define us.

What I Want to Remember from Our Conversation

Reflection for Home Journaling

Write a short lament with four lines: God, this hurts... I feel... I need... Today I will trust You with...

A Strength I Can Use

One Gentle Next Step I Choose

Additional Reflections or Prayer

Closing Prayer

God who hears every lament, receive the feelings we can name and those beyond words. Give us safe ways to express what we carry and remind us that Your love does not withdraw. 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.