Holy Cross Catholic Church
Grief Support

Session 13 of 18 • Thursday, March 18, 2027

Unfinished Words and the Freedom of Mercy

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

Luke 15:20 — God's mercy runs toward us before every story is resolved.

Reflection

Grief may include regret, conflict, or words left unsaid. Forgiveness cannot be forced, rushed, or used to excuse harm. We can seek truth, mercy, wise boundaries, and gradual release.

What I Want to Remember from Our Conversation

Reflection for Home Journaling

Write an unsent letter. Say what you wish had been said, what you are not ready to release, and what you entrust to God's mercy.

A Strength I Can Use

One Gentle Next Step I Choose

Additional Reflections or Prayer

Closing Prayer

Merciful Father, meet us in unfinished stories. Give us honesty without shame, boundaries without bitterness, and freedom that unfolds at a safe pace. 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.