Holy Cross Catholic Church
Grief Support

Session 14 of 18 • Thursday, April 1, 2027

Resurrection Hope After the Cross

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

John 20:11-18 — The risen Christ meets Mary Magdalene while she is weeping.

Reflection

Easter hope does not deny tears. Christ meets Mary in grief and calls her by name. Hope may begin as a small willingness to notice life alongside sorrow.

What I Want to Remember from Our Conversation

Reflection for Home Journaling

Record one sign of life each day for a week. It may be a kind word, a bird, a prayer, a completed task, or a moment of rest.

A Strength I Can Use

One Gentle Next Step I Choose

Additional Reflections or Prayer

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Closing Prayer

Risen Christ, meet us in our tears and call us by name. Teach us to recognize signs of life without denying our sorrow. Root our hope in Your resurrection. 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.