Holy Cross Catholic Church
Grief Support

Session 15 of 18 • Thursday, April 15, 2027

Faith, Doubt, and the Wounds We Carry

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 20:24-29 — Jesus receives Thomas and does not turn away from his questions.

Reflection

Grief can reshape faith. Questions, anger, silence, and trust may coexist. Like Thomas, we may bring our honest experience to Christ and to a caring community.

What I Want to Remember from Our Conversation

Reflection for Home Journaling

Write an honest prayer beginning, 'Jesus, this is what I need You to understand...' No polished ending is required.

A Strength I Can Use

One Gentle Next Step I Choose

Additional Reflections or Prayer

Closing Prayer

Jesus, You did not reject Thomas or hide Your wounds. Receive our questions and wounded faith. Give us companions who make room for honesty and lead us gently toward trust. 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.