Holy Cross Catholic Church
Grief Support

Session 16 of 18 • Thursday, April 29, 2027

Recognizing Growth Without Leaving Love Behind

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

Mark 4:30-32 — God's kingdom can begin with something as small as a mustard seed.

Reflection

Growth after loss does not make the death acceptable or end grief. It may appear quietly as greater compassion, a boundary, a new skill, or the ability to receive a good moment.

What I Want to Remember from Our Conversation

Reflection for Home Journaling

Draw or describe your mustard seed of growth. Name what helped it take root and one way you will protect it.

A Strength I Can Use

One Gentle Next Step I Choose

Additional Reflections or Prayer

Closing Prayer

God of quiet growth, help us notice the courage and wisdom taking root within us. Let growth honor love rather than erase it. 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.