

Study Journal



Finding JOY in *The Grief Cycle*

BY BECKY BECK

Journal Questions - Joy

MEN AND WOMEN ARE THAT THEY MIGHT HAVE

Joy

A COMMON DICTIONARY DEFINITION OF JOY IS 'A FEELING OF GREAT PLEASURE [OR] HAPPINESS.'

IN COMPARISON, THE GUIDE TO THE SCRIPTURES DESCRIBES JOY AS 'A CONDITION OF GREAT HAPPINESS [THAT RESULTS] FROM RIGHTEOUS LIVING.'

INTERESTINGLY, OUR GOSPEL PERSPECTIVE HELPS US TO UNDERSTAND THAT JOY IS MORE THAN A FLEETING FEELING OR EMOTION; RATHER, IT IS A SPIRITUAL GIFT AND A STATE OF BEING AND BECOMING.

Elder David A Bednar
That they Might Have Joy
BYU speeches Dec 4, 2018



When in your life have you felt the joy Elder Bednar describes?

*To appoint unto them that mourn in Zion, to give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness
- Isaiah 61:3*



Journal Questions - Joy



What brings you joy today?



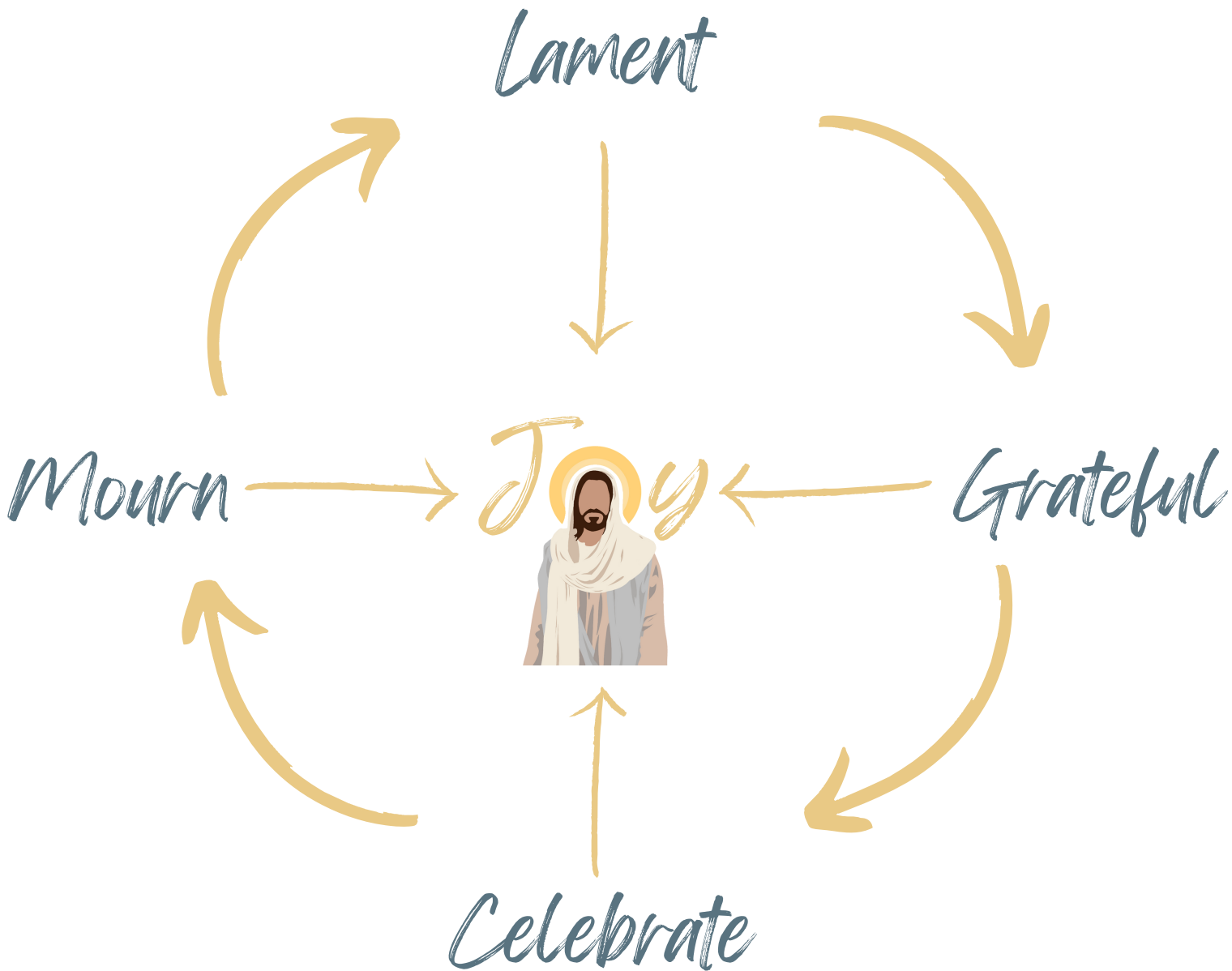
Is there one small thing you could do to create space for more joy in your life?

Blessed are ye that weep now: for ye shall laugh - Luke 6:21



THE GRIEF Cycle

WHEN YOU ARE FEELING STUCK OR CONSUMED WITH GRIEF YOU CAN ACCESS ANY PART OF THE GRIEF CYCLE SO YOU CAN CONTINUE MOVING THROUGH YOUR GRIEF JOURNEY TO FIND HOPE, HEALING AND EVEN JOY IN THE MOURNING



*Now this is an account of Ammon and his brethren...their sufferings in the land, their sorrows, and their afflictions, and their incomprehensible joy
- Alma 28:8*



Journal Questions - Mourn

Grieving and mourning are not the same.

Grieving is what you think and feel on the inside when someone you love dies. It's the internal meaning given to your experience of loss: fear, loneliness, panic, pain, yearning, anxiety, emptiness etc.



In what ways have you grieved your loved one?

And their mourning was turned to joy - 3 Nephi 10:10



Journal Questions - Mourn

Mourning is the outward expression of your grief: talking, crying, journaling/letter writing, using art or music, etc as a means of expressing grief.



In what ways have you mourned your loved one?

*To every thing there is a season...a time to mourn and a time to laugh
- Ecclesiastes 3:1&4*



Journal Questions - Mourn

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What are some of the feelings that have come up for you through mourning?



What are some additional ways you could mourn your loved one?

*Weeping may endure for a night, but joy cometh in the morning.
- Psalm 30:5*



Write your loved one a letter...

Dear _____,

He loved them unto the end - John 13:1



Journal Questions - Lament

A prayer of lament expresses sorrow, pain, or confusion. It's a prayer for help coming out of pain, or a prayer designed to persuade God to act on the sufferer's behalf.

Four steps to a lament prayer:

Turn

Complain

Ask

Trust



When was the last time you offered a lament prayer to the Lord and what was the experience like?

If thou art sorrowful, call on the Lord thy God with supplication, that your souls may be joyful - Doctrine & Covenants 136:29



Journal Questions - Lament

A prayer of lament expresses sorrow, pain, or confusion. It's a prayer for help coming out of pain, or a prayer designed to persuade God to act on the sufferer's behalf.



Have you been reluctant to take your complaints to the Lord? If yes, why?

And their mourning was turned to joy, and their lamentations into the praise and thanksgiving unto the Lord Jesus Christ - 3 Nephi 10:10



Journal Questions - Lament

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Is there something you are angry about, disappointed with, or feeling betrayed over that you could offer a lament prayer about to the Lord?

We shall weep and lament, but the world shall rejoice: and ye shall be sorrowful, but your sorrow shall be turned into joy - John 16:20



Write a prayer of lament to the Lord...

Dear _____,

Hitherto have ye asked nothing in my name: ask, and ye shall receive, that your joy may be full - John 16:24



Journal Questions - Be Grateful

To be grateful is not just showing or expressing thanks, but an attitude of appreciation under any circumstance.

Gratitude researcher Dr. Glen Fox says, “When you experience the feeling of gratitude, your brain releases a combination of dopamine, oxytocin, and endorphins... This is all very similar to a runner’s high.”

Studies have shown making time to practice gratitude helps improve sleep, reduce blood pressure, lower levels of inflammation and heal from injury faster



What gratitude practices do you already have in your life right now?

*Thou shalt thank the Lord thy God in all things
- Doctrine & Covenants 59:7*



Journal Questions - Be Grateful

To be grateful is not just showing or expressing thanks, but an attitude of appreciation under any circumstance.



What is one small and simple thing you could start doing to cultivate more gratitude?



What is one small and simple thing you could stop doing to cultivate more gratitude?

In every thing give thanks: for this is the will of God in Christ Jesus concerning you - 1 Thessalonians 5:18



Journal Questions - Be Grateful

To be grateful is not just showing or expressing thanks, but an attitude of appreciation under any circumstance.



How have you seen gratitude help you in the past?

*And he commanded them that they should observe the sabbath day, and keep it holy, and also every day they should give thanks to the Lord their God -
Mosiah 18:23*



Be Grateful



How have you seen the Lord in the details of your grief journey so far?

*My people shall be satisfied with my goodness, saith the Lord
- Jeremiah 31:14*



Journal Questions - Celebrate

To celebrate is to honor in a solemn manner, honor by rites, by ceremonies of joy and respect, or to engage in joyful activity in appreciation of an event - Wiktionary.org



What are some ways you have celebrated the life of your loved one since their passing?

*And God saw every thing he had made, and, behold, it was very good -
Genesis 1:31*



Journal Questions - Celebrate

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Were there any traditions you shared with your loved one when they were alive? If yes, could you continue to carry them out as a way to celebrate their life?

*And ye shall rejoice in all that ye put your hand unto
- Deuteronomy 12:7*



Journal Questions - Celebrate

To celebrate is to honor in a solemn manner, honor by rites, by ceremonies of joy and respect, or to engage in joyful activity in appreciation of an event - Wiktionary.org



Are there some new traditions you could create to remember and honor your loved one??

And thou shalt rejoice in every good thing which the Lord thy God hath given unto thee - Genesis 1:31



Journal Space

And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away - Revelation 21:4



Journal Space

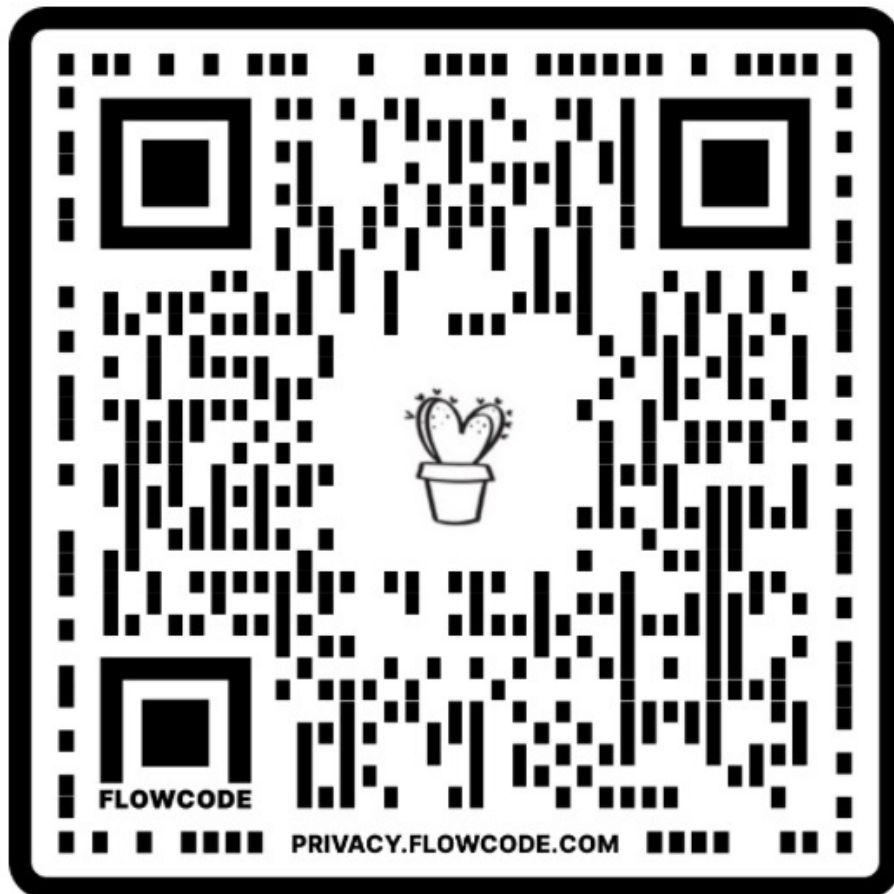
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