

Changing the **WHY** → to the **WHO** and the **HOW**

What are some of the *why* questions you are currently asking or have asked in the past?

How can you change some of these *why* questions to *how* questions?

God can you
and let you



Name Your LOSSES

Think of up to three prominent losses you have experienced and write them in the spaces below. These may or may not have been part of your first responder duties. You can list physical injuries that resulted in lost capabilities, friends, ambitions, dreams, self-identity, faith, or whatever comes to your mind. By naming your losses, you'll be better able to accomplish the difficult work of grieving these losses.



SIX METHODS OF “*Good Mourning*”

Mourning is the action side of grief, the externalizing of our internal pain. It's the mechanism God has given us to work through our grief. Place a checkmark by any of these methods that you feel would be helpful to you as you work through your losses.

- ☐ 1. Remember God's faithfulness
- ☐ 2. Aim steadily at faith's target
- ☐ 3. Don't try to be the Lone Ranger
- ☐ 4. Go with the flow... of tears
- ☐ 5. Keep a grief journal
- ☐ 6. Construct a grief memorial

THIS WEEK'S CHALLENGE

Review the methods you marked in the *Good Mourning* exercise. In the *My Journal* section at the beginning of this chapter, write out some practical steps you can take to apply these methods to one or more of the losses you named.