



RESOURCES FOR GRIEF & WIDOWS

The resources below have been compiled by Rock Bridge staff and trusted mental health professionals. We encourage you to use these simply as a starting point for exploration and to seek personalized advice when needed. Thank you for your understanding and cooperation.

You don't have to go through the grieving process alone! The resources below can help you get started on your path to hope and healing. Click any [underlined title](#) for details. Contact us [HERE](#) if you want to have a conversation!

God tells us that He is "our refuge and strength, an ever-present help in trouble" (Psalm 46:1) and that His word is "a lamp for my feet, a light on my path" (Psalm 119:105). Therefore, one of the best ways to move forward is to *build your relationship with Jesus day-by-day!* Here are resources to encourage your faith or to begin exploring!

- [Journey With Jesus](#)
- [Grief Bible Reading Plans](#)
- [Bible Reading Plans for Widows & Widowers](#)

In addition, *meditating on and memorizing Scripture* is key to knowing that you are worthy of love and flourishing. These passages that would be helpful to keep close by.

- Psalm 34:18
- 2 Corinthians 1:3-4
- Revelation 21:4
- John 14:27
- Psalm 42:11

BOOKS

- [Beyond Suffering Bible](#)
- [Grief Recovery books](#)
- [Anchors For the Soul](#)
- [Grief: Walking With Jesus](#) (31 day devotional)

WEBSITES & ARTICLES

- [GriefShare Facebook Group](#)
- [Lament: A How to Guide](#)
- [The Gift of Lament](#)
- [Paul Tripp Ministries](#)
- [When Your Song Is a Lament](#)
- [Coping With Loss & Grief](#)
- [A Lament For Your Loss](#)
- [Learn How to Grieve From Lamentations](#)

MORE RESOURCES

- ["A Season of Grief" daily emails](#)
- ["Help for the Journey" \(6 week study\)](#)
- [Prayer of Examen](#)
- [When Your Loved One Is In the Dark](#)
- [Tending Grief Through Spiritual Practices](#)
- [Anchors For the Soul video series](#)
- [GriefShare Tools](#)
 - Access free videos, articles, and other resources with insightful advice on how to handle common grieving situations.
- ["Surviving the Holidays" grief resources](#)
 - We know that the holidays can be difficult to navigate, especially for the first time without a loved one around. We hope these resources encourage you!

LOCAL RESOURCES

[GriefShare](#)

- Don't go through the grieving process alone! Join a group of caring people who will walk alongside you as you navigate the difficult journey of grief. GriefShare is a Biblically-based support group that provides hope and encouragement after the death of a loved one. Whether your loss was recent or years ago, we are here to walk with you in the healing process.
- Find a GriefShare group near you [HERE](#).

[Celebrate Recovery](#)

- A Christ-centered, 12 step recovery program for anyone struggling with hurt, pain, or addiction of any kind. It is a safe place to find community and freedom from the issues that are controlling our life.
- Find an in-person group [HERE](#) or access the weekly Zoom group [HERE](#).