

**Kailua Christian Church**  
**Sunday, February 26, 2023**  
**Guest Pastor: Dr. Rebecca Sanchez Ovitt**  
**“Grieving, A Healthy Process”**  
**Psalm 34:18**

**Scripture Reading:**

**Psalm 34:18 NIV**

**“The Lord is close to the broken-hearted and saves those who are crushed in spirit.”**

*People grieve when they lost a loved one either through death, physical or emotional separation or divorce. Let us come together to find out how a broken-hearted person can restore his/her positive self-image, heal his/her broken heart, and further develop a greater faith in our Lord during one of life 's difficult crises.*

**The Grieving Process**

There are six stages:

1. Denial Stage
2. Anger Stage
3. Bargaining Stage
4. Depression Stage
5. Acceptance Stage
6. Reaching Out Stage

**MATTHEW 11:28-30**

**“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am, gentle and humble in heart, and you shall find rest for your souls. For my yoke is easy and my burden is light.”**

**Jeremiah 29:11**

**For I know the plans I have for you, “declares the Lord, “plans to prosper you, plans to give you hope and a future.”**

**Romans 15:13**

**“May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit.”**