

Navigating Loss and Family

2022 Webinar Series



Mentoring is a brain to pick, an ear to listen, and a push in the right direction.

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Types of Loss

Loss can come in many area of your life.

- loss of a job/ career
- accidents/ injury/ health decline
- natural disasters
- divorce, separation
- death of a loved one
- death of a beloved pet
- abandonment, betrayal

What are some of your recent losses?

The grief that accompanies loss can sometimes feel like you will drown under the weight of it all. You can't find your way out of the tsunami of thoughts and emotions.

The Lord is close to the brokenhearted and saves those who are crushed in spirit.

PSALM 34:18

The Affects of Loss

Loss can affect us in multiple ways:

- regret
- doubt
- loneliness
- grief (allow yourself space and time to grieve properly)
- trying to measure up to the one that was lost or fill the gap
- freeze, not moving forward

What other ways can grief affect you?

The disciples lost Jesus the first time to the cross and the tomb and they were overwhelmed with grief and doubt.

The disciples lost Jesus the second time to heaven and they were left with the Holy Spirit and empowered.

What changed?

Jesus was still absent, but the disciples knew they were not alone. They also knew the purpose behind His loss. We have losses in life, but God has promised us that we will never walk alone. The Holy Spirit is here with us to help us through every loss!

Has your loss ever brought positive into your life or into someone else's?

I will never forget this awful time, as I grieve over my loss. Yet I still dare to hope when I remember this: The faithful love of the Lord never ends! His mercies never cease. Great is his faithfulness; his mercies begin afresh each morning. I say to myself, "The Lord is my inheritance; therefore, I will hope in him!" Lamentations 3:20-24

How can you recognize your losses and allow them to encourage you to move forward and empower you?

Take some time to focus on the answers to these questions:

How did the ones you have lost inspire you or encourage you when they were here?

How did they nurture you and teach you when they were here?

How can you honour them by carrying these thing on by moving forward?

What can we focus on!

Choosing to recognize all that we gained prior to our losses can help us continue those as we move forward.

- Remember good memories brings Joy
- Recognize what I learned, and desire to improve
- How have I grown, and where do I need to grow more
- What skills have I acquired, how can I put them to use
- What traditions do I want to carry forward in my family
- What kind of legacy do I want to leave
- Remember what they would say or do in my areas of struggle.

What can you focus on to move forward?

What areas could you use some help in?

Seek someone to help you walkthrough the things you need help with.

Navigating Family

When loss impacts your family relationships

Losses can hit so close to home that they impact your family relationships in negative ways, causing division, strife, jealousy, anger, unforgiveness, isolation.

Focus on what is within your control, you cannot control others responses and how they grieve. Keep your heart open and be willing to welcome others back into your life when it is safe to do so.

How have recent losses impacted your family?

Generational Blessings that come from Family

The treasure that family should be to us sometimes is buried and hard to find. There is a fundamental belief that family is to be there to love and support you especially in times of need. It is often in your greatest times of need that relationships can become strained. Conflicts break out and division seems to be the atmosphere. People separate themselves because of differing opinions and choose to isolate themselves.

In these times it may be difficult to see the blessings, however, what are some generational blessings that have run in your family?

Choose LOVE!

Everyone will process Loss differently.

Practice these things to help your relationships flourish even during LOSS!

- compassion/ understanding
- Be slow to speak and quick to listen
- extend forgiveness
- Be willing to overlook wrongs
- Focus on the positive
- Only take responsibility for things that you are responsible for
- Be honest with how you are doing

What is one way you can choose love for family in the midst of a time of loss?

My dear brothers, take note of this; everyone should be quick to listen, slow to speak, and slow to get angry, for man's anger does not bring about the righteous life that God desires.

James 1:19–20

Navigating family is always tricky. You want to maintain a relationship, but you still need to be healthy yourself. This balance is not easy, and many times takes much effort and hard work for all parties involved. If you have family members unwilling to put the work in this can cause many issues.

Expectations:

Expectations are the greatest killers when it comes to relationship with family. Expecting too much from my family, leaves me constantly disappointed and trying to live up to their expectations is exhausting. I have been learning to leave expectation on the shelf and JUST BE. This eliminates my stress, allowing me to be relaxed and fully present.

When have you experienced family falling short of your expectations? How did this make you feel?

When have you fallen short of your family's expectations? How have you felt?

Think of unrealistic expectations you may have of your family and see if you can let some of them go. Take it one step at a time.

Strategies for handling family events:

- Leave the following at home:
 - Stress
 - Worry
 - Fear
 - Anxiety
 - Offence
 - Expectations
 - Anger
 - Frustration
 - Accusations
- Come with:
 - Peace
 - Love
 - Forgiveness
 - Treasured memories
 - Hope for a great time

Save the issues to be worked out with individual family members for times outside of big family gatherings.

What are other things you can leave at home on the shelf, and what are some other things you could bring with you?

Dealing with Family Issues

When addressing issues, examine your responsibility first. Start by apologizing for anything that is your responsibility. Then share your feelings about the issue. Give space and time for a response or questions. Be willing to forgive.

What are some things you need to forgive family for?

Then Peter came to him and asked, "Lord, how often should I forgive someone who sins against me? Seven times?"

"No, not seven times," Jesus replied, "but seventy times seven!"

Matthew 18:21–22

Only one life. It will soon be past. Only what is done for Christ will last.

-Charles Studd

Activation

RECOGNIZING THE IMPACT OTHERS HAVE HAD ON YOUR LIFE.

Recognizing the positive impact someone has had on your life is a good way of honoring their memory, it also gives you the chance to reflect on those things and to choose what you want to continue in your life as you move forward.

Choose someone you have lost in your life. How did they inspire you or encourage you when they were here? Write them down and spend time thinking of ways you can continue those practices in your own life. How can you be a living reminder or the ones who have passed on.

4 Keys to Remember

- 01 LOSS COMES IN MANY DIFFERENT WAYS, BUT ALWAYS LEAVES A MARK ON YOUR LIFE. CHOOSING TO FOCUS ON THE GOOD THINGS WILL HELP YOU CONTINUE LIVING INSTEAD OF BECOMING PARALYZED IN YOUR PAIN.
- 02 LOSS DOESN'T HAVE TO BE AN ENDING IT CAN BE A LAUNCHING POINT TO HELP YOU MOVE FORWARD AND TO HONOR THOSE WHO HAVE GONE ON BEFORE.
- 03 FORGIVENESS WILL BE REQUIRED TO PROCESS THROUGH SEASONS OF LOSS. HOLDING ONTO UNFORGIVENESS ONLY HARMS YOU.
- 04 WHEN YOU HAVE EXPECTATIONS OF FAMILY YOU ARE BOUND TO BE DISAPPOINTED AND EXHAUSTED. IT IS BEST TO LET GO OF EXPECTATIONS AND ALLOW THAT TO STRENGTHEN YOUR RELATIONSHIPS

Loss can be like a treasure when you focus on what you have gained.

Contact Information

For Support, Mentorship and
Resources

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