

Remembering

Very Own Grief and Loss Workbook



By Crystal Bower, Jeanne Dicke, and Stacey Stoppenhagen

Bethesda Lutheran Homes and Services, Inc.
600 Hoffmann Dr., Watertown, WI 53094

*"I cry aloud to the Lord; I lift up my voice to the Lord for mercy. I
pour out my complaint before Him; before Him I tell my trouble."*

Psalm 142:1-2 NIV

***Remembering...Mom,
Stacey's Very Own Grief and Loss Workbook***

*By Crystal Bower, Jeanne Dicke, and Stacey Stoppenhagen
Published by Bethesda Lutheran Homes and Services, Inc.
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Remembering was written in June of 2000, by and for Stacey Stoppenhagen as she worked through the sudden death of her mother, Kay. Stacey was an active 33-year-old lady who lived with Down Syndrome. She was a very capable young woman with many gifts. One of the most obvious gifts was her faith in Jesus, her Lord and Savior. It was Jesus who she clung to as she missed her mom and tried to work through her death. In early December of 2000, Stacey became ill with pneumonia. On December 28, 2000, Stacey was called home and rests safely in the comforting arms of Jesus, her Lord and Savior.

The book was written with the hope that it would help Stacey work through her mom's death. And the authors hope that the grief workbook will help others to deal with grief and loss in their own lives.

If you are in need of assistance from Bethesda Lutheran Homes and Services, Inc., feel free to call the National Christian Resource Center at 1.800.369.4636, ext. 4449.

"Grace and peace to you from God our Father and the Lord Jesus Christ."
Philippians 1:2 (NIV)

Bethesda

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*Glue a picture
of my*

here

*“ The LORD is my shepherd;
I shall not want. ”*

Psalms 23:1 AV

Dear Lord, I thank you for my

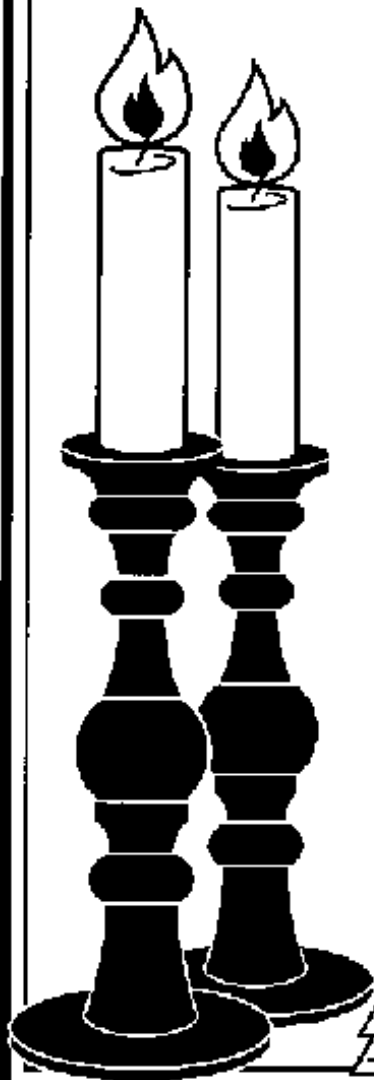
I will always remember

_____ (him/her).

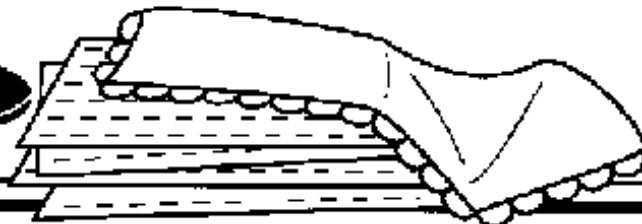
In Jesus Name. Amen.

Glue a copy of my

Obituary



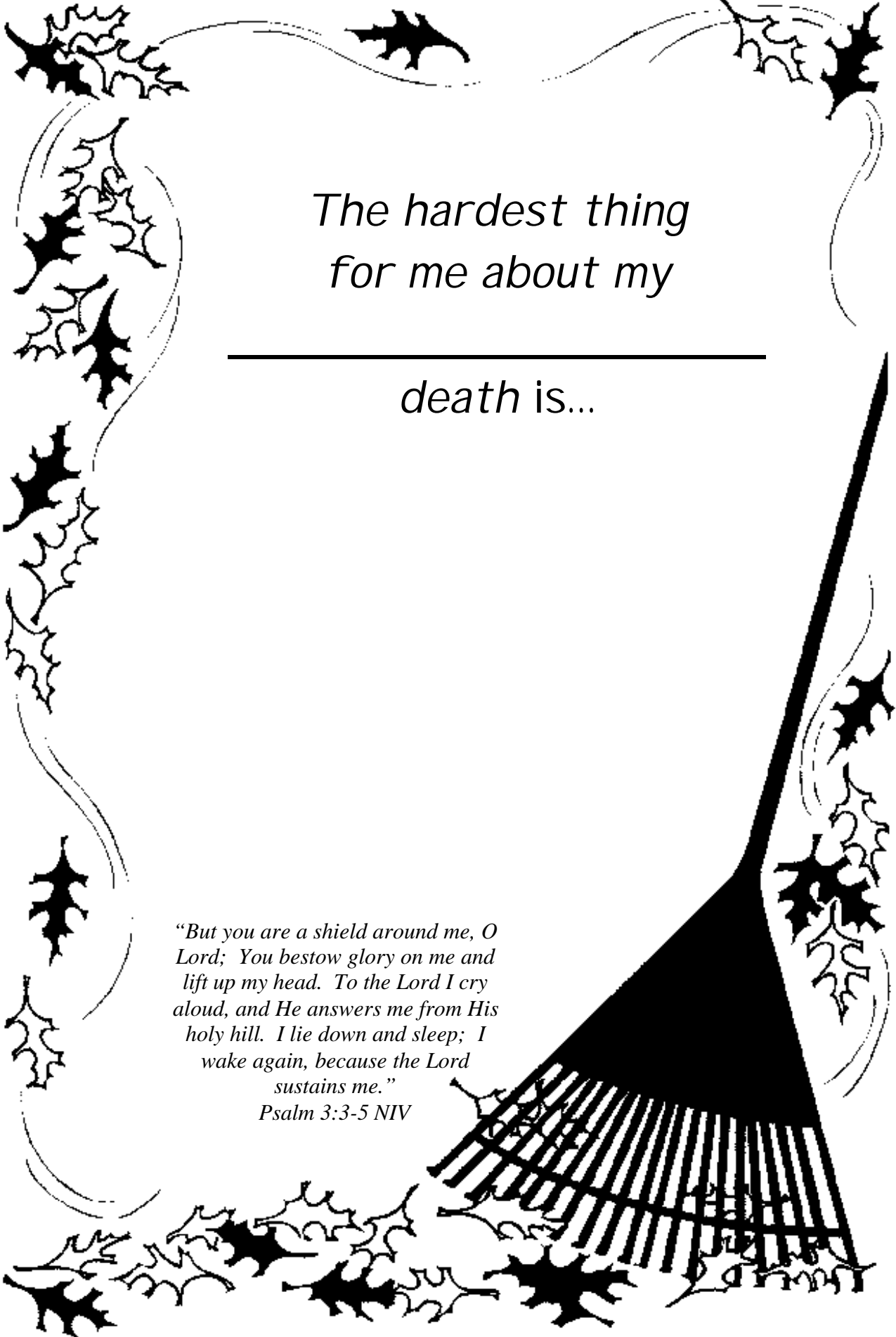
“The LORD is my light and my salvation; whom shall I fear? The LORD is the stronghold of my life; of whom shall I be afraid?” Psalm 27:1 NIV





At _____'s
funeral we...

“May the God of hope fill you will all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit.” Romans 15:13 NIV



*The hardest thing
for me about my*

death is...

*“But you are a shield around me, O
Lord; You bestow glory on me and
lift up my head. To the Lord I cry
aloud, and He answers me from His
holy hill. I lie down and sleep; I
wake again, because the Lord
sustains me.”*

Psalm 3:3-5 NIV



My favorite memory of
my _____

“Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go.” Joshua 1:9 NIV



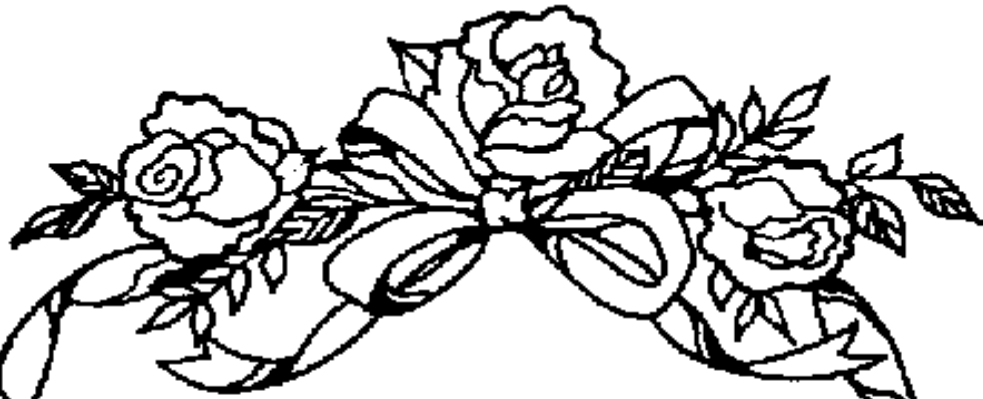
's

favorite things:

*(color, flowers, perfume or cologne, and
the like)*

May the Lord grant me peace and courage
as I remember my dear

*Jesus said, "Peace I leave with you; my peace I give you. I do not
give to you as the world gives. Do not let your
hearts be troubled
and do not be afraid."
John 14:27 NIV*



Fun things

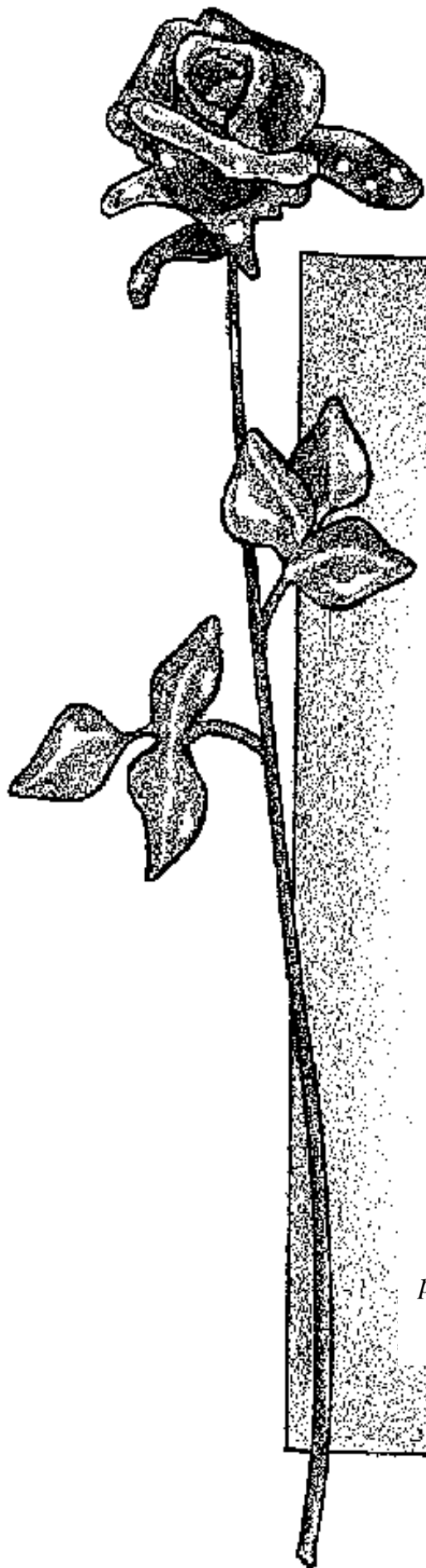
I remember doing with my

_____.

*“And my God will meet all your needs according to His
glorious riches in Christ Jesus.”*

Philippians 4:19 NIV





*My _____'s
Favorite Hymns were:*

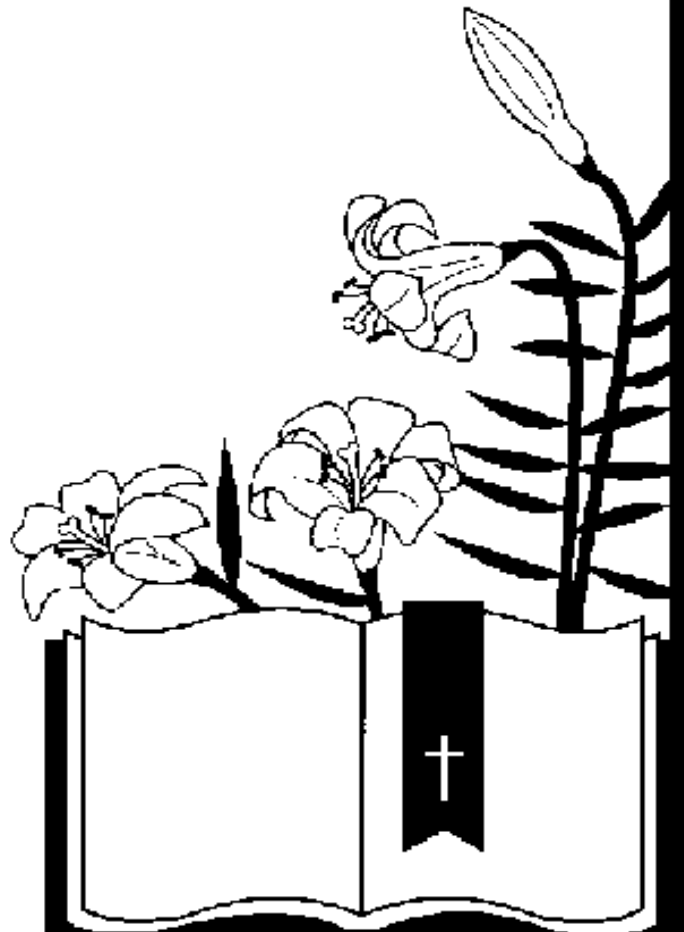
*My favorite Hymns
are:*

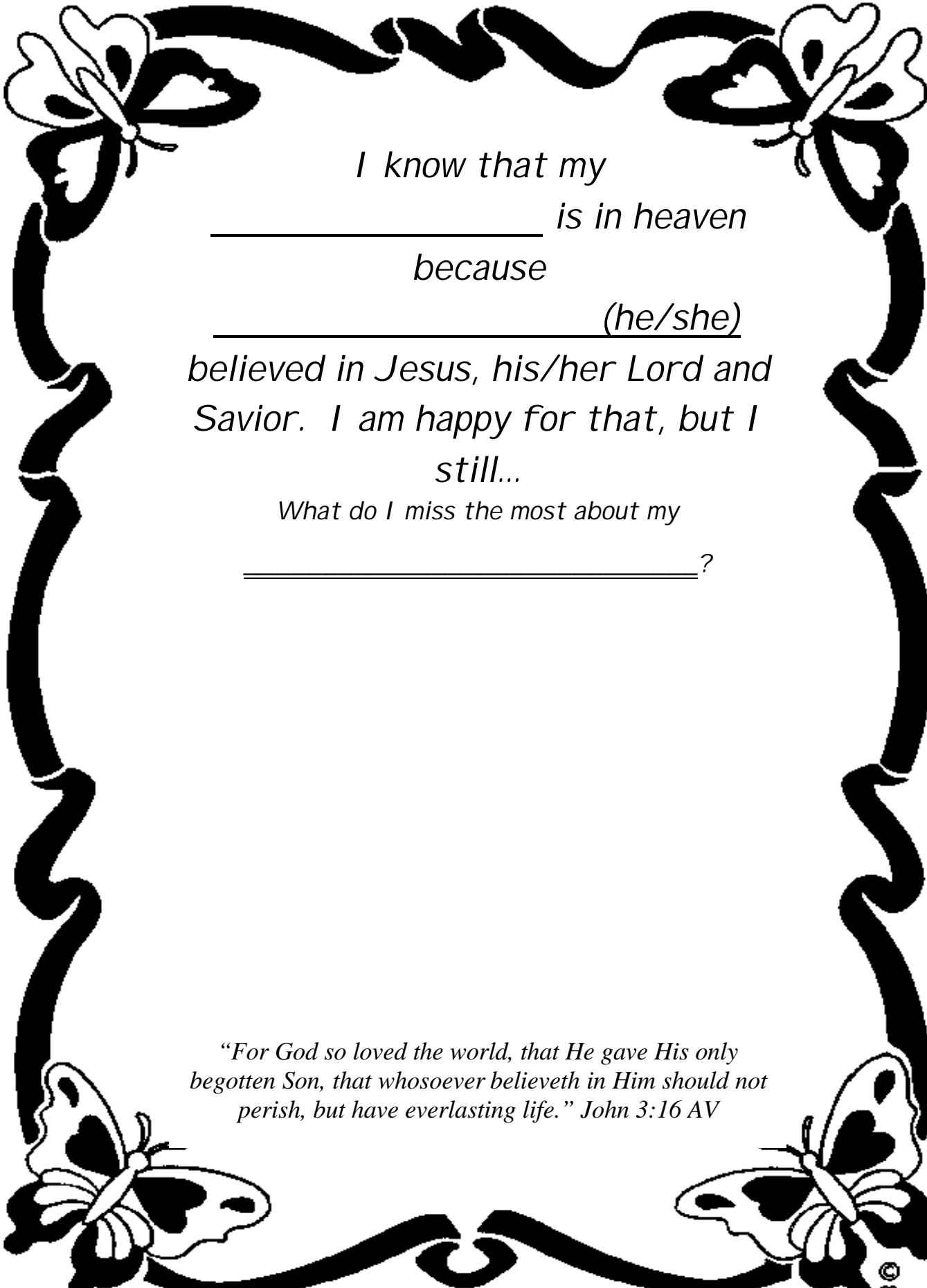
*"Praise the Lord. How good it is to sing
praises to our God, how pleasant and fitting
to praise Him!" Psalm 147:1 NIV*

*When I am sad and missing
my _____, I...*

*"I will lift up mine eyes unto
the hills, from whence cometh
my help. My help cometh from
the LORD, which made heaven
and earth."*

Psalm 121:1-2 AV





*I know that my
_____ is in heaven
because
_____ (he/she)
believed in Jesus, his/her Lord and
Savior. I am happy for that, but I
still...*

What do I miss the most about my

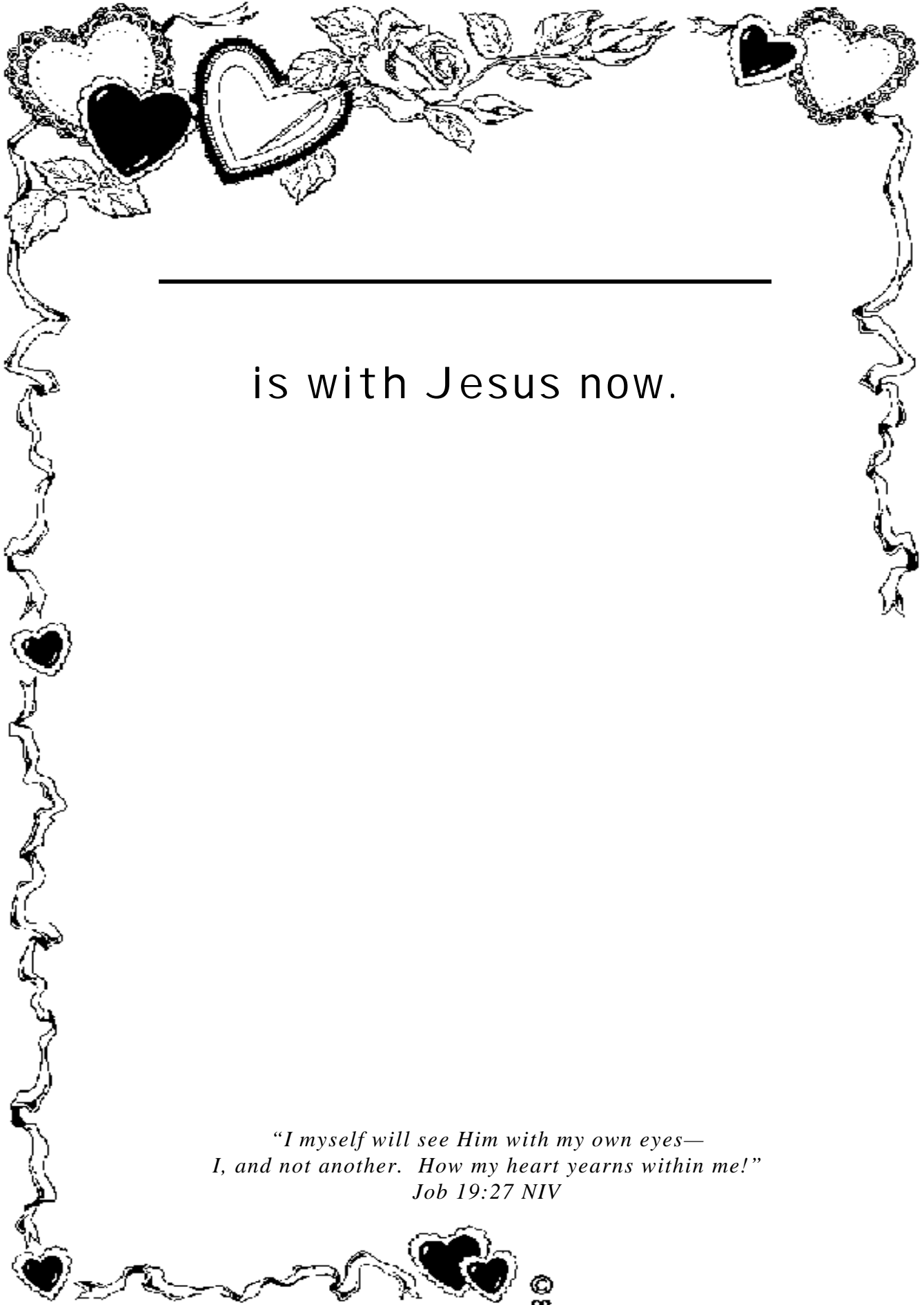
_____?

*“For God so loved the world, that He gave His only
begotten Son, that whosoever believeth in Him should not
perish, but have everlasting life.” John 3:16 AV*

is happy in Heaven.


*“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 AV)*





is with Jesus now.

*“I myself will see Him with my own eyes—
I, and not another. How my heart yearns within me!”
Job 19:27 NIV*



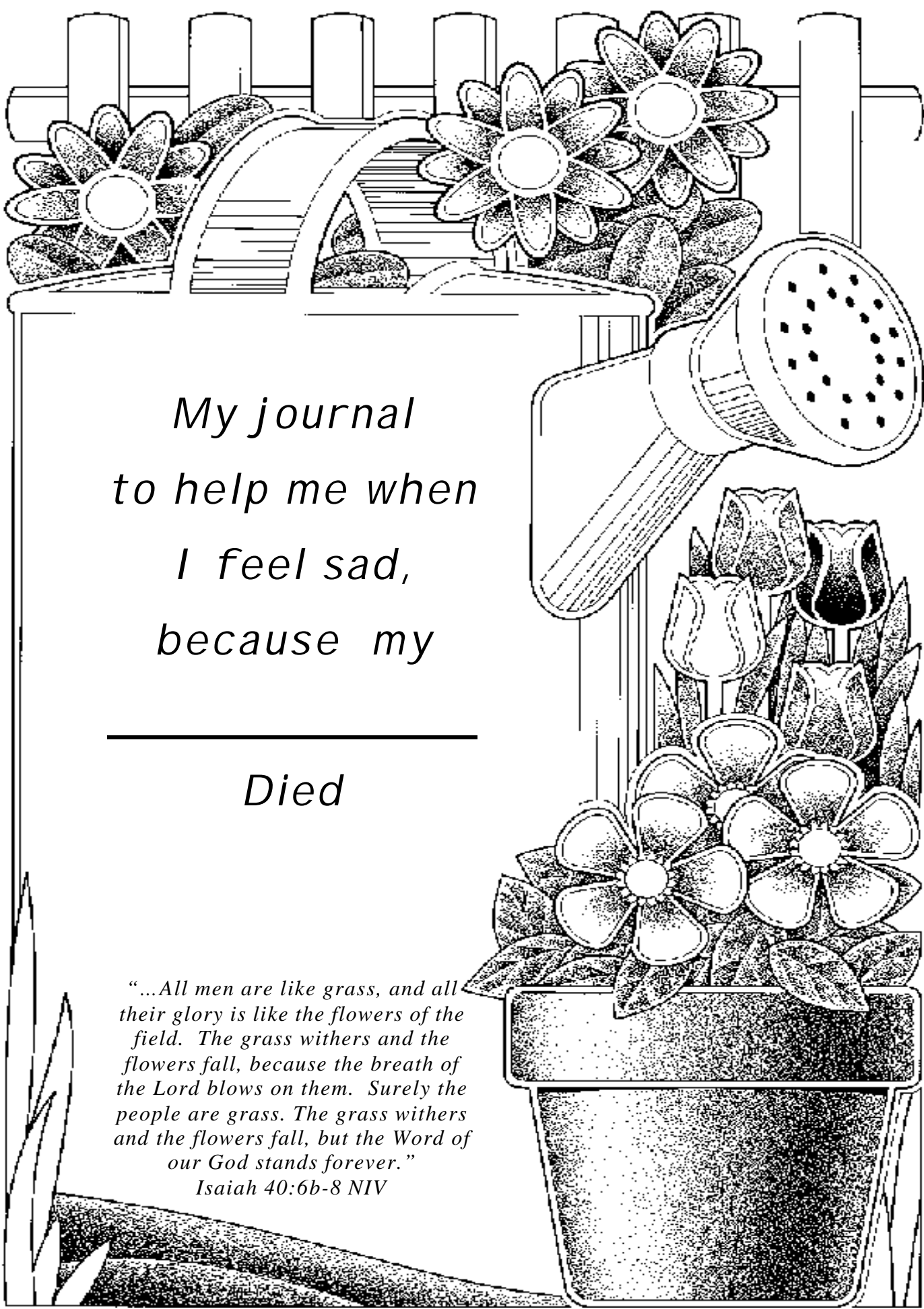
Jesus has a place for ME in heaven, too. This good news helps me feel better. In fact, this is what I think heaven might look like...

Jesus said, "In my Father's house are many rooms; if it were not so, I would have told you. I am going there to prepare a place for you." John 14:2 NIV



*My favorite Bible verses
that give me comfort:*

"...so is My Word that goes out from My mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it." Isaiah 55:11



*My journal
to help me when
I feel sad,
because my*

Died

"...All men are like grass, and all their glory is like the flowers of the field. The grass withers and the flowers fall, because the breath of the Lord blows on them. Surely the people are grass. The grass withers and the flowers fall, but the Word of our God stands forever."

Isaiah 40:6b-8 NIV

