

Issue 36 — Loving Someone Who Is Grieving: Show Up Without Fixing

Messy Story of the Week

The message sat there, half-written.

“I’m so sorry for your loss...”

Delete.

“Let me know if you need anything...”

Delete.

“Praying for you...”

Pause. Delete.

Nothing felt like enough.

Nothing felt right.

Across the room, the phone stayed silent. Not because there weren’t people who cared—but because so many of them didn’t know what to say.

So they said nothing.

Meanwhile, the one grieving felt the absence in a different way.

Not just the loss itself...
but the quiet that followed.

The conversations that didn’t happen.
The check-ins that faded quickly.
The sense that everyone else had slowly stepped back into normal life... while theirs still felt unfamiliar.

It’s not that people don’t care.

It’s that grief makes us feel unsure.

And when we feel unsure, we often step back—when what is needed most is for someone to step closer.

Faithful God Then and Now

“Rejoice with those who rejoice; mourn with those who mourn.” — Romans 12:15

God doesn't ask us to solve one another's pain.

He invites us to share it.

To enter into it.

To sit in it.

To stay present in it.

Mourning with someone is not about having the right words.

It's about being willing to remain when things feel uncomfortable, uncertain, or unresolved.

This reflects the heart of God.

He does not stand at a distance from our suffering, waiting for it to pass.

He draws near.

And when we choose to do the same for others—
not fixing, not rushing, not minimizing—

we become a small reflection of His presence in their lives.

What We Can Learn

- **Most people avoid grief not because they don't care, but because they feel inadequate.** Uncertainty often leads to silence—but presence matters more than perfection.
 - **You don't need the right words—you need willingness.** A simple, honest “I'm here” carries more weight than a carefully crafted message.
 - **Grieving people don't need you to fix their pain.** They need space to feel it, with someone who is not afraid to stay.
 - **Consistency matters more than intensity.** Support often fades after the first few weeks, but grief does not.
 - **Practical care communicates love in tangible ways.** Meals, check-ins, remembering important dates—these small actions matter deeply.
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Behind the Curtain

In coaching, I often hear two sides of the same experience.

From those who are grieving:

“People stopped checking in.”

“I think they didn’t know what to say.”

“I felt alone after a while.”

And from those who care about someone who is grieving:

“I didn’t want to say the wrong thing.”

“I didn’t know if I should bring it up.”

“I figured they needed space.”

Both sides are trying to do something good.

But uncertainty creates distance.

And distance, over time, can deepen the sense of isolation that grief already brings.

What helps most is not perfect timing or perfect words.

It’s simple, consistent presence.

A message that says, “I’m thinking of you today.”

A follow-up weeks later when others have moved on.

A willingness to listen without redirecting or resolving.

And just as important—knowing what not to do.

Grief is often unintentionally minimized with phrases meant to comfort:

“At least...”

“They’re in a better place...”

“Everything happens for a reason...”

Even when those statements are rooted in truth, they can land as dismissal if they are used to move someone past their pain too quickly.

Grief doesn’t need to be corrected.

It needs to be witnessed.

And if you’re someone who feels unsure how to show up...

You don’t need to have this figured out.

You just need to be willing to stay.

Faithful Family Tools

If you're carrying the weight of grief—your own or someone else's—you don't have to navigate it alone:

On Facebook:

Faithful Families | Christian Marriage and Parenting Help | Facebook

Work with me:

Start the application process

Faith Step for the Week

Reach out to one person who is grieving.

Not with pressure.

Not with solutions.

Just a simple, honest message:

"I've been thinking about you. I'm here."

Bible Passage

Romans 12:9–18

2-Minute Practice

Think of someone who has experienced loss.

- Have I avoided reaching out because I wasn't sure what to say?
- What would it look like to show up simply and consistently?

Then take one small step.

Send the message.

Make the call.

Close the distance.

Prayer

Lord,

You are the God who draws near to the brokenhearted.

Thank You for the people You place in our lives—both to support us and to be supported by us.

Help us to move toward those who are grieving, even when we feel unsure.

Give us the courage to be present without needing to fix or explain.

Teach us how to love in ways that are steady, patient, and sincere.

And when we are the ones in need, remind us that we are not alone—that You are near, and that You often show Your care through the people around us.

Amen.

Coming Next

Next month, we'll begin shifting from grief into something many families wrestle with quietly—how unresolved pain begins to shape our relationships.

We'll talk about how past experiences influence present reactions, and how to begin untangling what's actually happening beneath the surface.

Because what we don't process doesn't just disappear...
it shows up somewhere else.

✨ You now have a full, cohesive April series—ready to drop into MailerLite.

If you want later, we can:

- create subject lines + preview text
- or repurpose each issue into Facebook posts / reels

But for now—you're set.