



### Practices That Breathe Life Through Grief

Grief shakes your soul, but it doesn't have to steal your healing. You can breathe again—and rise again—by embracing powerful, Spirit-led practices.

Journal your pain and prayers—let your pen be your voice when your heart is silent. Worship through the weeping—not to ignore the sorrow, but to invite God into it. Open His Word and anchor your heart in promises that still stand.

Let trusted voices speak life into your silence. Create sacred moments of remembrance. Light a candle. Write a letter. Revisit their love without reliving the loss.

Practice breath prayers—inhale peace, exhale pain. Sit in stillness and say, “God, I trust You here.”

“He heals the brokenhearted and binds up their wounds.”  
Psalm 147:3

Grief may visit your heart, but it will not define your future. You are not fading—you are being formed.  
Let God Walk with you from sorrow into strength.

### Restored to Purpose — Reborn Through Grief

Grief breaks us. It tears at the heart and leaves pieces scattered—memories, dreams, and moments that can never be relived. But at Vision Reborn, we believe that grief, though painful, is not purposeless.

You were never meant to live in the ashes of sorrow. What loss tried to silence; God can resurrect. What death tried to bury; God can breathe life again. Healing from grief is not just recovery—it's a holy rebirth into deeper vision and renewed purpose.

God doesn't restore just to comfort—He restores to commission. Your pain becomes compassion. Your tears become testimony. Your story becomes strength for others walking through the valley. You are not forgotten. You are not broken beyond repair.

You are being restored to purpose—with greater clarity, deeper faith, and a divine vision of who you are becoming. Grief doesn't define you. God's grace does.

Let your mourning give way to movement. Let your healing birth hope.

Grief is not the end of your story. It is a chapter in the book God is still writing—one where pain turns to purpose, and mourning gives way to meaning. Let Him Walk with you, heal you, and use you.

Welcome to Vision Reborn—where sorrow is not the final chapter, and your future still speaks.

### Our Mission

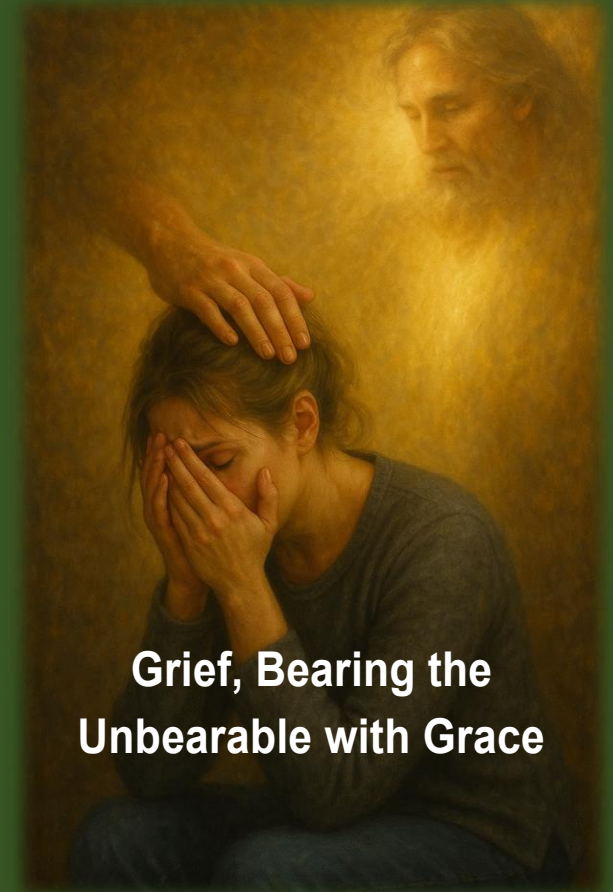
Restored to Purpose, Reborn with Vision

### Our Vision

To be a beacon of hope and renewal, fostering a world where individuals experience deep healing, spiritual transformation, and the fulfillment of their God-given potential—empowered to live with purpose, faith, and wholeness.



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## Grief, Bearing the Unbearable with Grace

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our tribulation, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God

2 Corinthians 1:3-4

Grief, an inescapable part of the human journey, reaches into the deepest corners of the heart. It comes uninvited yet touches every soul.

In its wake, we wrestle with questions of *Why? What now?* and *Where is God in this?* The pain feels overwhelming, but grief is not the absence of faith—it's the evidence of love. God is not distant in our sorrow; He is present in every tear.

He comforts, carries, and gently heals. In the valley of grief, we may feel lost, but in Christ, we are never alone. He walks with us and restores what was broken.

**You Are Not Lost in Grief  
You Are being Led Through it by Grace**

## What Is Grief and Why Does It Matter?

Grief is the sacred sorrow that follows deep love and painful loss. It's not just sadness—it's the soul's cry when something precious is gone. Grief comes in waves: some gentle, some overwhelming. Yet, it is not your enemy. Grief is proof that love mattered—and that life still matters.

In Scripture, grief is not dismissed; it's embraced. Jesus wept. David mourned. Job questioned. And in every instance, God met them there. Why? Because grief is not just pain—it's purposeful pain. It refines compassion, draws us closer to God, and awakens eternal perspective.

Grief slows us down to feel, remember, and honor. But it doesn't leave us there. In God's hands, grief becomes a tool—not to destroy us, but to develop us.

"The Lord is close to the brokenhearted..." — **Psalm 34:18**

You're not just grieving—you're growing. Let God guide you through it with healing and holy purpose.

## The Six Stages of Grief



Grief is a deeply personal journey. It doesn't follow a straight line or fixed timeline. It comes in waves, rises without warning, and touches every part of our being. Understanding the stages of grief can help you navigate your emotions without guilt or confusion. At **Vision Reborn**, we believe that while grief is painful, it can also be **purposeful** when placed in God's hands.

### 1. Denial – “This can't be happening.”

Denial is often the heart's way of protecting itself from overwhelming shock. It's the moment where everything feels unreal—like time has stopped. You may feel numb or disconnected. This stage isn't about dishonesty; it's about survival. God's presence gently meets us here, offering truth and comfort one breath at a time.

### 2. Anger – “Why, God?”

Anger in grief is not sin. It is a response to loss, injustice, or helplessness. We may feel angry at ourselves, others, or even at God. The key is not to suppress the anger but to express it honestly—through prayer, journaling, or trusted conversation. God can handle your honesty; He invites it.

### 3. Bargaining – “If only I had...”

This stage often brings regret and what-ifs. We may replay moments, wishing we could go back and change the outcome. Bargaining is our attempt to regain control or make sense of the loss. In this stage, God reminds us that healing is not found in rewriting the past, but in **trusting Him with the present and future**.

### 4. Depression – “What's the point?”

Here, the weight of loss settles in. You may feel sad, tired, or completely overwhelmed. Depression in grief is not always clinical—it is often a natural response to profound pain. The key is not to walk through this alone. God doesn't abandon us in the valley—**He walks with us through it**.

### 5. Acceptance – “This happened, and I am still here.”

Acceptance doesn't mean forgetting or being “okay” with the loss. It means acknowledging the reality and choosing to live again. It's a sign of healing and spiritual growth. Here, your heart begins to breathe again—not with the same rhythm, but with new strength.

### 6. Purpose – “What now, Lord?”

This final stage transforms grief into growth. Through time, prayer, and grace, your sorrow gives birth to renewed vision. God begins to show you how your pain can help others, deepen your faith, and awaken new callings.

*“He will give you beauty for ashes, joy for mourning...”*

*Isaiah 61:3*

## Practical Advice to the Grieved

**1. Allow Yourself to Grieve:** Grief is not weakness—it's a natural, sacred response to love and loss. Let yourself feel it fully. Whether you're crying, angry, numb, or even laughing at an old memory, it's all part of healing.

**2. Lean into Support:** You are not meant to walk this journey alone. Reach out to trusted friends, family, a church leader, or join a grief group. If needed, speak to a Christian counselor who understands your pain.

**3. Establish a Gentle Routine:** Daily rhythms bring a sense of stability in uncertain times. Even simple habits—like morning prayer, a walk, or set mealtimes—can restore balance to your mind and body.

**4. Care for Your Body:** Grief affects your physical health. Rest when needed. Eat nourishing food. Move your body—even a short walk can renew strength and release emotion.

**5. Honor the One You've Lost:** Celebrate their life. Write a letter, keep a memory box, plant something in their name, or carry forward a tradition they loved. Love continues in remembrance.

**6. Give Yourself Time:** Healing is not rushed. Some days will hurt more than others. That's okay. Grief is not a straight line—it's a journey of grace, not perfection.

**7. Be Prepared for Grief Triggers:** Birthdays, holidays, or familiar places may stir sorrow. Plan ahead and allow new ways to mark these moments with intentional reflection and comfort.

**8. Avoid Major Life Decisions:** Hold off on significant decisions until your emotions have settled. Clarity grows with time and prayer.

**9. Embrace Your Faith:** Prayer, worship, scripture, and fellowship bring divine comfort. God draws near to the brokenhearted—and He will sustain you.

**10. Be Kind to Yourself:** Don't judge your grief or compare it to others. Your journey is uniquely yours, and God is walking with you.

**11. Journal Your Journey:** Writing down your thoughts and prayers gives voice to your soul and helps track your healing.

**12. Set Small Goals:** Focus on small wins—make a phone call, take a walk, prepare a meal. Purpose fuels healing.

**13. Allow Joy to Return:** Laughter is not betrayal—it's resilience. Let joy rise as evidence of healing and hope.

**14. Seek Helpful Resources:** Books, counseling, and support ministries can provide strength for each new step.

## Grief Indicators – Common Signs and Symptoms

Grief affects every part of who we are—body, soul, and spirit.

While everyone grieves differently, here are some common signs that grief may be deeply at work in someone's life:

### Emotional Indicators

- Sudden waves of sadness or crying
- Feelings of emptiness, numbness, or deep sorrow
- Anger, guilt, or even relief
- Anxiety or fear about the future
- Longing or yearning for the person or thing lost

### Mental Indicators

- Difficulty concentrating or making decisions
- Preoccupation with memories
- Forgetfulness or confusion
- Questioning God, faith, or life's meaning

### Physical Indicators

- Fatigue or low energy
- Sleep disturbances (insomnia or oversleeping)
- Appetite changes (loss or overeating)
- Aches, tightness in chest, headaches

### Spiritual Indicators

- Feeling distant from God
- Deep questioning of faith or purpose
- Increased need for prayer or scripture
- Moments of divine comfort or supernatural peace