



# 1 Be Present

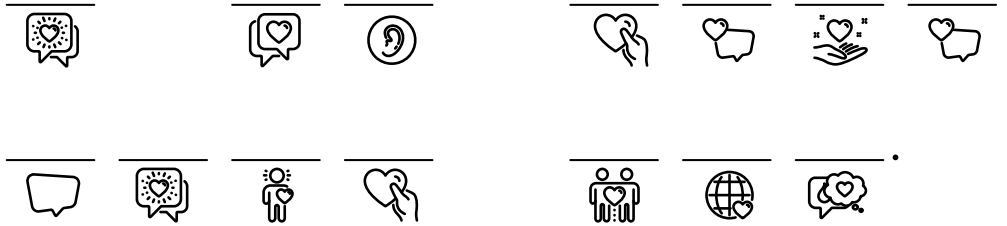
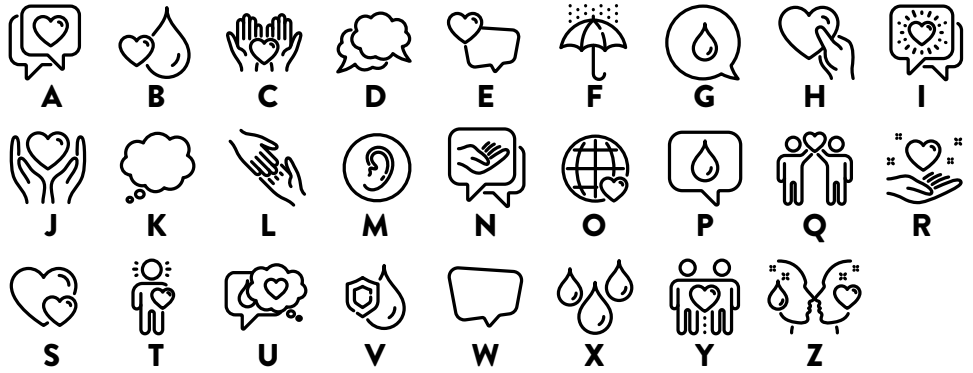
## WAYS TO PRACTICE AT HOME

When loss occurs and there is mourning, one of the best things we can do is to be present. Often we want to jump in to action, fix, solve, or make things feel better, for the one grieving, or for us. We want to find the right words to say, but showing up—physically, emotionally, prayerfully—and sitting with another's loss and grief is the ministry of presence.

- Being present isn't always easy. Sometimes it just means sitting with someone in silence. Find a family member or friend and agree to sit in silence for just one minute. It may seem like a long time. Now try three minutes. How about five minutes?
- Sometimes a person who is grieving a loss needs to talk. Can you listen without interrupting or injecting your own stories? Ask a family member or friend to tell you a story of a sad time and try just listening. If there is a pause, allow for silence and then simply say, "Go on."
- Being present can also take the form of doing something practical for a person when they are grieving a loss, such as bringing a meal; doing their laundry; mowing the lawn, raking leaves, or shoveling snow; grocery shopping; caring for a pet; doing errands, and more. Choose a task you would like to learn and ask your parents or caregivers to help you so that you may help others.

Holy God, thank you for Jesus who shows us it is OK to love people and be sad when they are sad. Amen.

Use the key to decode one promise from God to help someone who has experienced a loss. We can do and say the same thing.



Use the key, or one of your own, to write a note to someone who is grieving.

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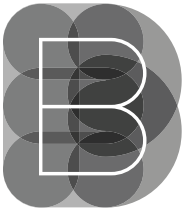
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I am here with you.



## BIBLE STORY

Based on John 11:1-3, 17-21, 28-35

When Jesus was teaching about God's love, two of his friends, Mary and Martha, sent a message to Jesus. The message said that their brother, Lazarus, was very sick. Jesus loved Mary, Martha, and Lazarus. They were good friends. Jesus decided to visit Lazarus, but it took him a long time to get there.

By the time Jesus got to their house, something terrible had happened. Lazarus had died. Martha and Mary were very sad. Many of their friends and neighbors had come to comfort them. When they heard Jesus was nearby, Martha went out to meet him. She said, "Jesus! If you had gotten here faster, my brother would not have died. You could have helped him!" She was grieving.

Jesus asked her to go get Mary. Mary came out of the house. When she saw Jesus, she was so upset that she fell down at his feet. She said, "Jesus! If you had been here, my brother would not have died." She, too, was grieving. Mary began to cry, and all the mourners cried too. Jesus felt their sadness and he was sad too. He loved Lazarus. Jesus cried.

