

SPIRITUAL JOURNALING

# MY FAITH

Grief has far-reaching effects in most areas of our life, including faith. For some, our faith can deepen. For others, it can be a source of disappointment. One commonality among the bereaved is that faith is often altered one way or the other. How has your faith been impacted?

I WAS RAISED WITH THIS FAITH: \_\_\_\_\_

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SINCE MY LOVED ONE'S DEATH, MY FAITH HAS BEEN A SOURCE OF COMFORT OR DISAPPOINTMENT BECAUSE:

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MY FAITH HAS SINCE CHANGED IN THIS WAY: \_\_\_\_\_

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I WISH MY FAITH WOULD CHANGE THESE VIEWS ABOUT LOSS AND GRIEF: \_\_\_\_\_

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THIS IS WHAT I WANT MY FAITH TO KNOW ABOUT LOSS AND GRIEF: \_\_\_\_\_

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MY ADVICE TO OTHERS EXPERIENCING THIS IS: \_\_\_\_\_

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