

# Thoughts on Grief

## Session 8 – Living

This is the last of the eight sessions on grief. I hope it has helped in processing your thoughts and feelings. You are not alone.

*Often the test of courage is not to die but to live.* (Vittori Alfieri)

Life won't be the same again, but what little steps can you take to move forward? Who can support you during the process?

Dream a little, what really matters to you? Where do you want to invest your time and energy?

Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go. (Joshua 1:9 ESV)

What has helped you in these last few months?

Where could you offer encouragement or thanks to another?

If you would like to review the previous sessions or share them with others check out our website ([oslc.mankato.org](http://oslc.mankato.org)) and click on CARE. Scroll down and you will see a section on grief.