

# Pathway to Peace



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# Pathway to Peace

Dear Parent or Facilitator,

***“Pathway to Peace”*** is a booklet designed to help children better understand and process grief. When we face the death of a loved one, it is like being pushed into a dark tunnel. We tend to lose our bearings and are not sure what has happened to cause our life to be “turned upside down.” Our present path is changed forever and we are not sure where we are going or how we will get there. This booklet helps children realize they are not alone in this dark tunnel. Jesus is with them to care, comfort, and lead them on a “pathway to peace”.

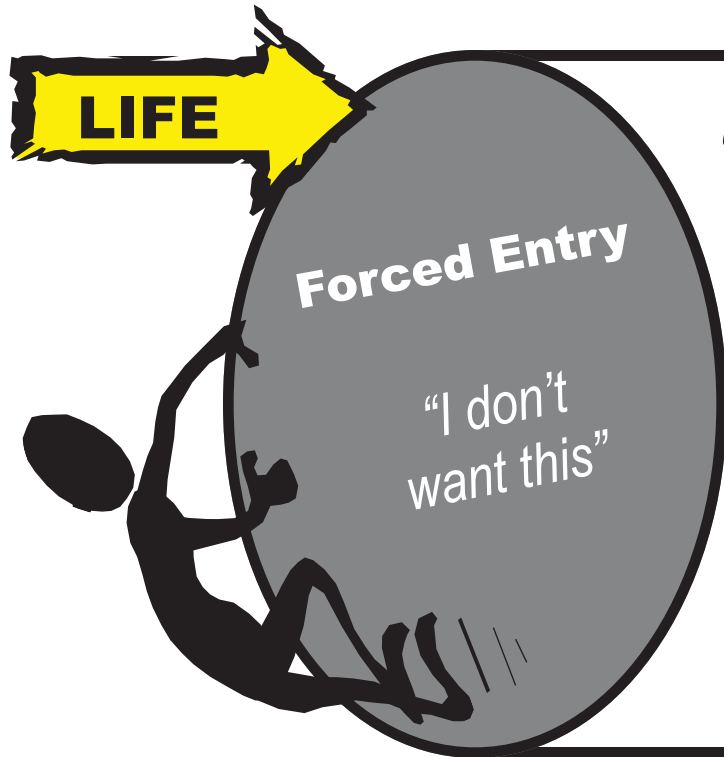
- This booklet helps children “wrap” words around their feelings regarding the uninvited intruder of death or loss.
- It is designed to explore the possibilities of what they may be feeling or how they have felt during the adjustment time to this particular crisis.
- We hope to help them become more aware of their specific feelings and resulting conclusions - and also, to properly interpret, through God’s Word, the “truth” regarding their individual situation.

Our goal is to lovingly guide the child through the unwelcomed crisis in their life without getting “stuck.” May they experience the healing comfort and peace that only Jesus can provide.

In His Service,

***Carol Perkins and Mindy Peterson***  
***Fresh Start for All Nations***

# INITIAL LOSS



Many times totally unexpected....

The person who used to be here is suddenly gone....

"This is out of my control...."

Things seem dark...

GRIEF TUNNEL

**GRIEF:** Intense emotional suffering caused by loss, disaster or misfortune, resulting in acute sorrow and deep sadness.

*"When I tried to understand all this, it was oppressive  
to me till I entered the sanctuary of God."*

**Psalm 73:16-17a (NIV)**

*"My harp is tuned to mourning,  
and my flute to the sound of wailing."*

**Job 30:31 (NIV)**

*"You kept my eyes from closing;  
I was too troubled to speak"*

**Psalm 77:4 (NIV)**

# SHOCK



*"I seem to lose track of time."*

**TRANCE STATE**

*"Maybe this is a bad dream..."*

*"I can't believe this..."*

**TEMPORARY ANESTHESIA**

*"Why us?"*

*"Things seem so dark."*

*"How will I live through this?"*

**CONFUSION**

*"What happened?"*

**DISORIENTATION**

*"Time seems to stand still."*

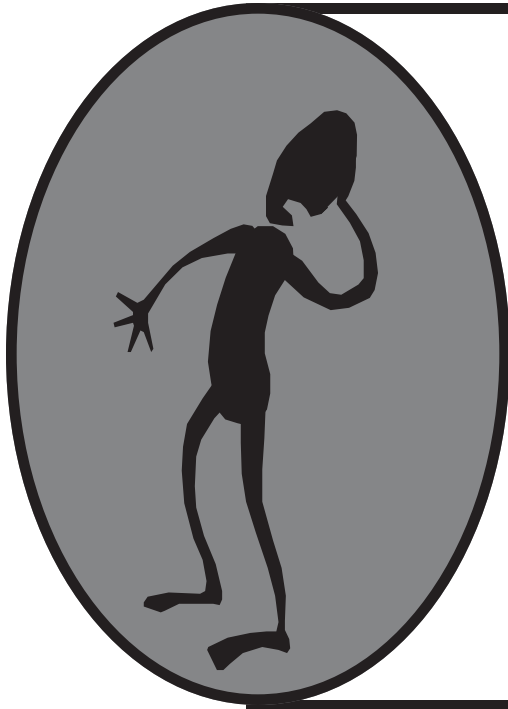
**GRIEF TUNNEL**

Something terribly wrong has happened - I don't know what to do.

*"The king was shaken. He went up to the room over the gateway and wept. As he went, he said: 'O my son Absalom! My son, my son Absalom! If only I had died instead of you — O Absalom, my son, my son!'"*

**II Samuel 18:33 (NIV)**

# DENIAL



*Apprehensive*

Resisting the process  
that life has presented

"Why us?"

*Vulnerable*

Pain held in

Not wanting to  
discuss the incident

GRIEF TUNNEL

Instead of experiencing denial, children often deliberately try to rid their minds of all thoughts of the traumatic incident and of the feelings that arise when they have these thoughts.



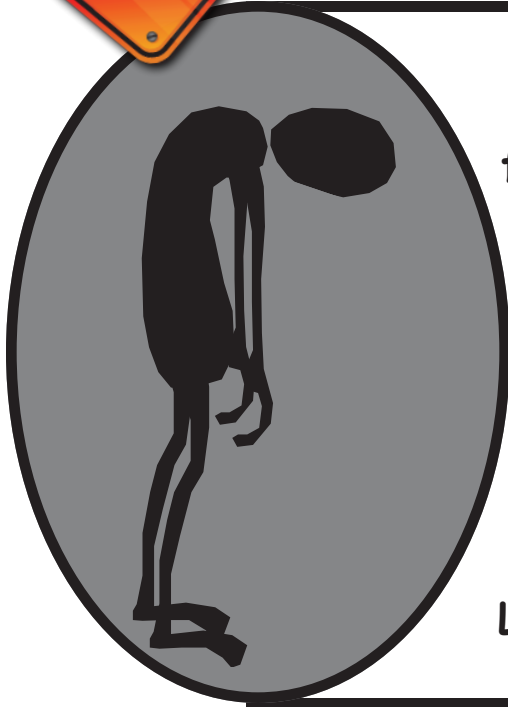
*"Even in laughter the heart may ache,  
and joy may end in grief."  
Proverbs 14:13 (NIV)*

*"Yet if I speak, my pain is not relieved; and if  
I refrain, it does not go away."  
Job 16:6 (NIV)*

# DEPRESSION



**"DON'T GET STUCK!"**



Sad, very sad;  
Not wanting to  
face another day...

Isolation/Withdrawal

Loss of goals and vision  
for the future

*Sleeping a lot*

Hard to concentrate

*May be fearful*

"Has everyone  
forgotten  
about \_\_\_\_?"

"Will I ever  
quit crying?"

*Nobody  
understands*

Preoccupied

"Life is going on - and I'm not."

*Loss of appetite*

*No motivation to  
accomplish tasks*

**Very tired and  
not much energy**

Loss of direction

## GRIEF TUNNEL

### Fears:

*"What is going to happen to us?"*

*"What if something happens to..."*

*"Who is going to take care of me?"*

### Triggers:

*Music, Smells, Sounds*

*Places, Pictures...*

*"Precious in the sight of the Lord  
is the death of his saints."  
Psalm 116:15 (NIV)*

*"I thought about the former days,  
the years of long ago."  
Psalm 77:5 (NIV)*

*"I am worn out from groaning; all night long I flood my bed  
with weeping and drench my couch with tears."  
Psalm 6:6 (NIV)*

*"In bitterness of soul Hannah wept much  
and prayed to the Lord."  
I Samuel 1:10 (NIV)*

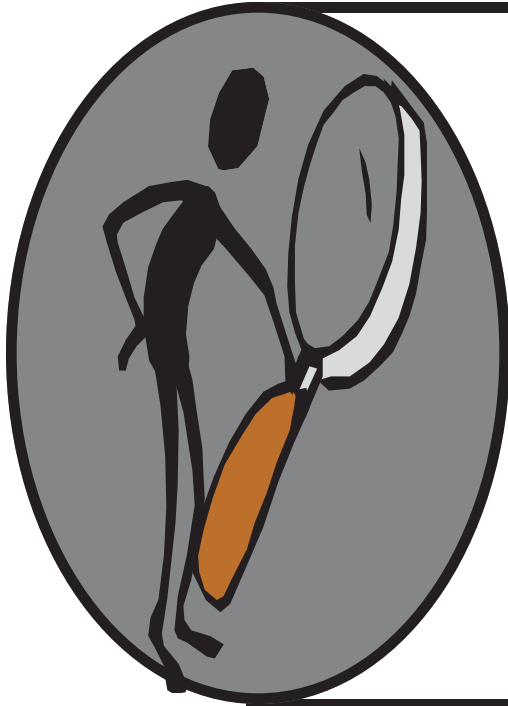
*"For my groaning comes  
at the sight of my food,  
and my cries pour out like water."  
Job 3:24 (NASB)*

*"Has God forgotten to be merciful?  
Has he in anger withheld his compassion?"  
Psalm 77:9 (NIV)*

Jesus wants us to cry all our tears.  
In exchange for our tears,  
He offers His healing!

*"You have taken account of my wanderings;  
Put my tears in Thy bottle."  
Psalm 56:8a (NASB)*

# BARGAINING



*"If I had just  
prayed more..."*

the "IF-ONLY" stage

"God, if you would just  
bring \_\_\_\_\_ back,  
I promise to..."

*"If I hadn't let them  
go tonight..."*

*"If we hadn't gone this route..."*

**"If only we'd  
been home!"**

**GUILT**

"I shouldn't have let \_\_\_\_\_ drive."

**GRIEF TUNNEL**

*"Oh, that I might have my request, and that God would grant me the thing that I long for!"*

**Job 6:8 (AMP)**

*"Hezekiah turned his face to the wall and prayed to the Lord, remember, O Lord, how I walked before you faithfully and with whole-hearted devotion and have done what is good in your eyes. And Hezekiah wept bitterly."*

**2 Kings 20:2-3 (NIV)**

*"When Mary came to the place where Jesus was and saw Him, she dropped down at His feet, saying to Him, Lord, if you had been here, my brother would not have died."*

**John 11: 32 (AMP)**

# ANGER



Explosions of Anger  
(Flaring up at the smallest thing)

"Why?" *Playing more aggressively*

Abandonment *Misbehaving*

*Guilt*

Despondent *Anger with God, or blaming  
someone else or self*

"My life will never be the same"

"I can't change this"

*Jealousy* Disobedient

Bossy *Resentment*

"I hurt" Irritable

*Hitting others*

Fighting the process

GRIEF TUNNEL

*"How could God let this happen to me?"*

*"When I was in distress, I sought the Lord;  
at night I stretched out untiring hands  
and my soul refused to be comforted."*

**Psalm 77:2 (NIV)**

*"I have no peace, no quietness;  
I have no rest, but only turmoil."*

**Job 3:26 (NIV)**

*"My eyes fail, looking for your promise;  
I say, 'when will you comfort me?'"*

**Psalm 119:82 (NIV)**

# RESOLVE → ACCEPTANCE

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You experience peace  
(Even though you are still sad and you miss the person)

**FORGIVENESS**      *"I'm going to make it"*

*You "let go" of who you've lost*      Life seems lighter

You're settled in your heart and mind      **HOPE**      *No longer fighting reality*

*"Not constantly on my mind"*      **FREEDOM**

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*"Your word is a lamp to my feet and a light for my path."* Psalm 119:105 (NIV)

*"My comfort in my suffering is this: Your promise preserves my life."* Psalm 119:50 (NIV)





*"The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to preach good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners, to proclaim the year of the Lord's favor and the day of vengeance of our God, to comfort all who mourn, and provide for those who grieve in Zion to bestow on them a crown of beauty instead of ashes, the oil of gladness instead of mourning, and a garment of praise instead of a spirit of despair..."*

**Isaiah 61:1-3a (NIV)**

*"When your words came, I ate them; they were my joy and my heart's delight, for I bear your name, O Lord God Almighty."*

**Jeremiah 15:16 (NIV)**

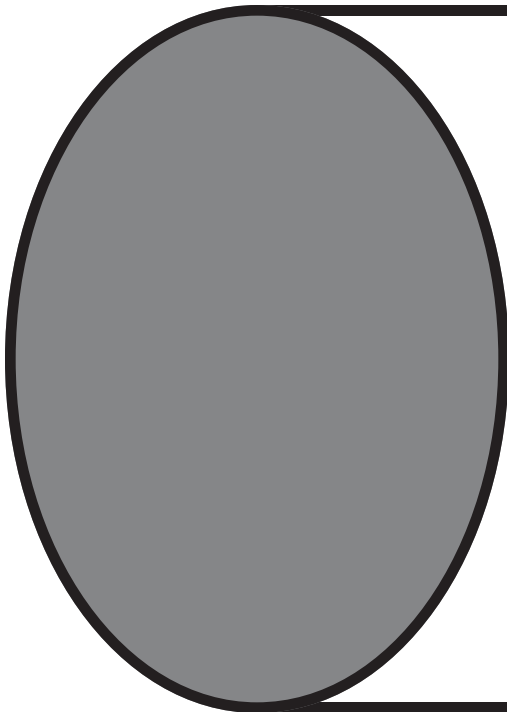
*"I will refresh the weary and satisfy the faint."*

**Jeremiah 31:25 (NIV)**

*"Praise be to the God and father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God."*

**II Corinthians 1:3-4 (NIV)**

**What part of the tunnel are you in?**  
Draw and/or write out a description of  
your feelings/thoughts.



REMEMBER:

It's never too late for a Fresh Start!

( for additional resources please visit [www.freshstartforallnations.org](http://www.freshstartforallnations.org))