



NEW LIFE OF CURRITUCK
JOURNEY GROUP

Grief

Grief - A Place that Love Exists

NEW LIFE OF CURRITUCK | NOV 2025

Grief

Table of Contents

Welcome & Introduction -----	Page 4
Stage One: Shock and Denial -----	Page 8
Stage Two: Pain and Guilt -----	Page 12
Stage Three: Anger and Bargaining -----	Page 17
Stage Four: Depression, Reflection, Loneliness -----	Page 20
Stage Five: The Upward Turn -----	Page 23
Stage Six: Reconstruction and Working Through -----	Page 26
Stage Seven: Acceptance and Hope -----	Page 28
Scripture – A Source of Strength -----	Page 31
Contact Information -----	Page 44

*“Gracious words are a honeycomb,
sweet to the soul and healing to the bones.”*

Proverbs 16:24

*“Lord my God, I called to you for help,
and you healed me.”*

Psalms 30:2

Welcome & Introduction

Welcome to a journey that is difficult and rewarding all at the same time. So many times, the loss that started the grief is only waiting to be experienced for your healing and for others to find freedom through your story.

Thoughts to ponder.

The grief journey isn't linear – it's more like a rollercoaster ride, with its ups and downs. You might not go through every stage, or you might experience them out of order.

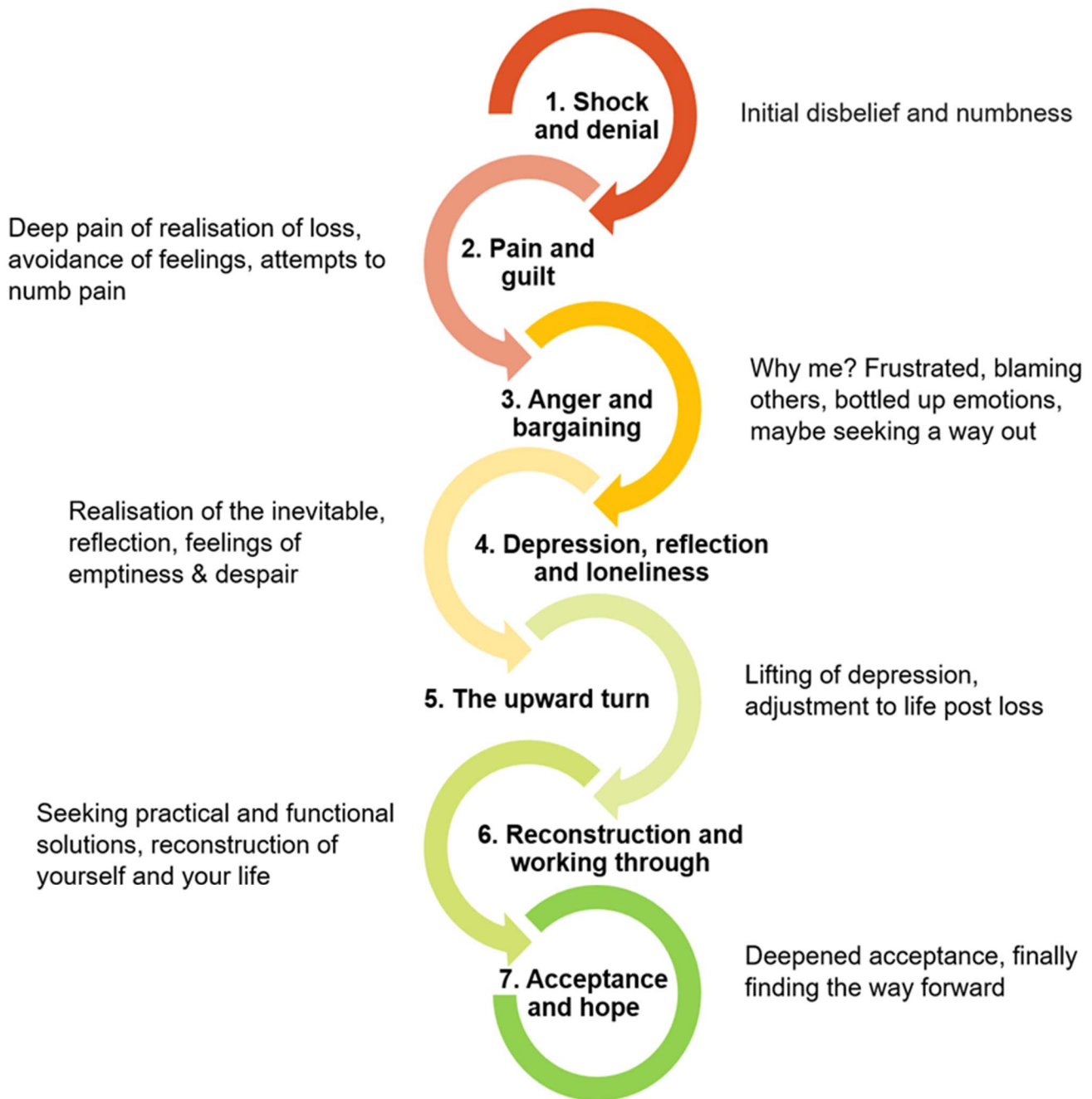
These stages are not time bound. Some might skip stages entirely while others linger longer in certain phases than others would expect them to.

Grief is as normal and individual as the person experiencing it. Just remember there's no right or wrong way to grieve; there's only your way.

Working through loss is a deeply personal, often confusing experience. It's difficult and even ugly at times, but understanding each stage can offer hope and help deal with the pain amid the feelings and emotions in the process.

It's crucial to remember grief is not predictable. Hope is knowing about these seven stages but does not eliminate pain yet arms you with knowledge on your journey through grief. It is often called an up close and personal dance between letting go and holding on.

Grief at a glance



A letter of comfort to myself

Dear Me,

I did not expect to experience this today. If I saw it coming, would I have done things differently? It is a question that still rings true in my head. But wait a minute, I still remember that day when I could not accept what transpired. I still run the memory train, but somehow and somewhere, I became disconnected from the train of life that was moving, and time stood still. While I now, with hope, sense a reconnection at that time, I realize the disconnection shielded me from immediate pain.

I remember how I tried to have hope but could not move even in the desire of trying to convince myself that “things are fine.” This false hope, wrapped in so much pain, played the role of denying the truth of the reality in the loss that I had experienced. I would constantly avoid conversation with others and myself to calm the pain. Was it really calming the pain, or did I just think it was, even while the loss would play repeatedly. That denial would come and go only in between the guilt and blame of myself.

Guilt, you are a crazy thing in my head and heart. I wish -- no, I hope -- maybe I just long for you to go away. The blame for the loss that I put on myself is heavy, but maybe if it is enough, I can turn back time or reverse what has happened. How you play with my mind and my emotions try to trick me into denial, guilt, and blame all in one thought. My reality now can sometimes be a cruel thing. How can day-to-day tasks be freeing and I still feel imprisoned by the pain?

The power of the pain leaves me without much hope of it ever dissipating, leaving the reality of everyday life so heavy. These days, sadness and regret are my friends as well as my enemy. What a mess I am in. I long for things to be better, maybe even how they used to be, but the sorrow overwhelms me. The pain reliever for the day or almost every day is one of anger. Anger that has not been felt since I was much younger, but once again, it leaves an intense and painful thought of unfairness about life towards others and the world.

Can I continue to live this way? Some days, anger makes me feel better even though that sounds sickening to my soul. Can I accept those possible mistakes? Is it possible to be relieved from the pain of regret? I want to accept and acknowledge that this loss I feel has happened, and it cannot be changed. Can hope be a reality in my life again? God, heal my brokenness and pain. Help me to move towards the freedom that You have shown me. Thanks for giving me hope once again. I do see the light at the end of the tunnel, and I am moving towards it.

The new me

Write your story.

[illegible]

Stage One: Shock and Denial

Often, this is a feeling from an unexpected blow that leaves you reeling. I know it sounds strange, but you find yourself questioning reality and even doubting what you know to be true.

The mind has a peculiar way of shielding itself from harsh realities.

During this phase, it's not uncommon for a person to refuse to accept their new circumstances. The mind builds walls of disbelief, bringing you to a place that says:

"This can't possibly be happening."

We seem to move into a place of numbness and nothingness or plowing through life without hope as we grapple with our loss.

For you to describe:

Is it a form of self-deception?

Is it a form of survival?

It's our brain's way of buffering the impact of the loss, allowing us to process overwhelming emotions at our own pace.

Denial in relation to grief. We often picture someone refusing to acknowledge death or significant life changes entirely, yet denial takes on many forms.

The intensity of our feelings, thoughts, or emotions.

The reality of my current situation in regards of my loss.

The ramifications of my situation because of my loss.

The lasting results of pretending everything is “business as usual.”

In essence, we’re all wired differently and thus cope differently too. Some may linger in this phase longer than others – there’s no right or wrong timeline here.

Please Realize, Remember, Resign.

While shock provides temporary respite from pain, acceptance must eventually follow for healing to truly begin.

Write a hope statement after each verse.

“The simple believes everything, but the prudent gives thought to his steps.” Proverbs 14:15

“Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.” Isaiah 41:10

“I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.” Galatians 2:20

NOTES

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are no vertical margin lines, and the paper is otherwise completely blank.

Stage Two: Pain and Guilt

This stage is immersed in a circle of pain and guilt, and reality begins to settle in.

This is the perfect recipe for a raw wound that will not heal because of your loss.

This wound might feel unhealable at times, but it's important to remember that it's a natural reaction to losing something or someone.

A 2014 study published in Frontiers in Psychology found that individuals grieving the death of a loved one experienced guilt regularly during their grief process. This guilt often stems from what they perceive as their failures or shortcomings tied to that lost relationship.

Here are some common thoughts people grapple with:

“I could have done more.”

“Why didn't I notice something was wrong?”

“If only I had been there.”

These feelings of remorse aren't isolated incidents. They are guilt intertwined with our perception of responsibility towards our loss.

Thoughts for us to process and respond to:

Did you know that feeling guilty doesn't mean you're at fault?

Could you have prevented this loss? Yes – No

If yes, write down how.

Now is this answer truth?

Remember - life has its own unruly course that we can't always control.

Feelings are funny things because often we care so deeply about what we've lost that it signifies love, not failure.

Guilt also serves a little different purpose.

It can inadvertently act as a shield against the full realization of your loss.

Has you focusing on self-blame and ‘what ifs’?

Are you trying to avoid confronting the depth and permanence of your loss?

Please remember that it’s crucial to understand these emotions are:

Normal when mourning.

Helping value what we’ve lost.

Write down some guilty feelings you have.

The wrestling with such intense feelings can be draining physically, emotionally, and mentally, so don't be afraid to seek help.

Will you get help? If so, how?

My healing plan.

In the end, pain and guilt might seem like your constant companions during this stage of grief, but remember, they're just stepping stones on your path towards healing.

NOTES

[illegible]

Stage Three: Anger and Bargaining

I'm sure many of you have felt anger in your life. It's a common response to loss, frustration, or perceived injustice.

In the context of grief, this anger can become:

Overwhelming

Threatening

Add any other words for you.

These responses seem to remove any kind of reason and remove calmness or peace.

When we're grieving, it's not uncommon for our anger to be directed at various targets.

Can you describe any of those targets in your life experience?

Individuals who are who are still alive and healthy.

Perhaps it's aimed at yourself?

Often to ease the anger or pain, we can begin to bargain – that desperate attempt to regain control over a situation that feels entirely out of our hands. We start making promises or negotiating with God or even ourselves in an effort to reverse the irreversible.

Pleading for change

Sorrow that change has occurred

This internal dialogue is part of what makes this stage so heart-wrenching; knowing deep down that no matter how much we bargain or plead, we can't bring back what we've lost.

While these emotions may seem negative on their surface, they are very needed and important components in our journey through grief.

They allow us to vent our feelings that might otherwise stay bottled up.

They help us realize just how deeply our loss impacts us.

They remind us that it's okay not being okay sometimes.

Acknowledging these feelings is a normal part of the journey and goes a long way in helping us navigate through the ups and downs of the grief process.

“Grief isn't meant to be easy; it's meant to help us heal.”

Remember, you may experience these stages differently. Anger might take precedence while others find bargaining more often than feeling angry. There's no right way to grieve.

JOURNEY GROUP - GRIEF

NOTES

[illegible]

Stage Four: Depression, Reflection, Loneliness

Journeying through grief isn't easy, and it's at stage four where things get really tough. Here, we encounter a sense of profound sadness known as depression. It's important to note that this isn't clinical depression but, rather, an emotional response to the loss experienced.

Depression in grief can manifest in many ways:

Withdrawing from life with a deep sense of loneliness

Feeling numb

Avoiding needed and deep conversations

Feelings that are overwhelming and all-consuming

Even in this time, it's crucial to remember that it's just another step on the path towards healing. These feelings can draw us into a period of reflection.

The revisiting memories with the loss

Contemplating what the loss means for your life moving forward

Spending time alone reflecting on what really matters

This process can lead to loneliness because, while you are processing these things, the world keeps moving forward and yours is standing still, disconnecting you from those around you who don't share your experience.

Maybe even those who walked with you through the loss.

***However, daunting this reality is, navigating through this stage
is vital for healing and growth after loss.***

Acceptance:

Acknowledging your feelings and discovering the truth without judgment allows for healthy processing.

***My healing is about to take a turn and accelerate.
How I respond determines the steps I take.***

Reach out: Don't isolate yourself. Completely sharing your experience with trusted loved ones or professionals who will help provides comfort.

Who are those people? Make your list.

Be patient: Healing takes time. There's no set timeline for healing. It is a lifelong process.

The journey through grief is unique for each person, so don't pressure yourself. We do not use the term "move on." We want to talk about "the new normal."

Remember – reaching out for help when needed isn't weakness; it's part of self-care during this difficult journey.

NOTES

[illegible]

Stage Five: The Upward Turn

By now, you're probably wondering what's next after navigating the emotions and feelings of grief? It is called:

"The Upward Turn"

This is where things start to look a bit brighter. It's not that the pain has disappeared entirely. But it's less overpowering, less consuming.

Life starts to take on a new normalcy.

There's more room for positive memories and less room for overwhelming sadness.

Learning to laugh again.

Enjoying a meal or going out for the evening.

These things do not carry your loss overshadowing every moment.

***Watch out - It wouldn't be uncommon if you felt guilty
about these moments of happiness.***

Don't beat yourself up.

Experiencing joy does not mean you've forgotten your loss. Instead, think of it as proof that God heals us and gives us a story of overcoming.

Things to make note of either in sharing your story or in your writing journal.

Feeling and symptoms of stress easing.

Less fatigue or better sleep patterns.

Day-to-day functioning is easier.

Sharing the emotions of your experience lifts a burden from your heart.

Remember - This is not the end goal, but it's a beautiful step towards acceptance and learning how God desires you to carry on with life despite your loss.

JOURNEY GROUP - GRIEF

NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Stage Six: Reconstruction and Working Through

I'm now ready to begin the process of rebuilding my life. It's a time where I start to put back together the pieces of my life that grief had scattered.

During this phase, practical things come into focus:

Tasks such as managing finances or rearranging living arrangements.

Maybe taking care of the bills that piled up while I was grieving.

What is on your list?

Remember - This isn't an easy stage by any means. It demands patience and endurance. The emotional pain hasn't gone away. Instead, it has become more manageable.

Learning to share my new normal.

Seeking trusted people to help you set goals.

Reconstruction is a significant part of my journey through grief. It's about picking up the pieces after the loss has shattered what once felt solid and sure.

NOTES

[illegible]

Stage Seven: Acceptance and Hope

It's important to understand that acceptance doesn't mean you're suddenly okay with what happened. Instead, it's about acknowledging reality and learning how to move forward.

Take a breath of fresh air.

Start to engage more with your life again as you incorporate your loss into your new normal.

Give thanks to you and others. You have worked through an array of emotions from denial to depression, but now you're starting to see the light at the end of the tunnel.

Write what you're thankful for.

Write down who you are thankful for.

You now have a sense of hope. Hope plays an integral role in your healing.

***The healing process is long and winding but eventually
leads us back towards optimism.***

Here are some ways people typically express acceptance and hope:

Reaching out: Re-engaging with friends and family members

New hobbies or interests

Physical activity (Exercise has been proven beneficial for mental health)

Make your list.

Four concluding thoughts to remember:

Grief is not linear; everyone experiences these stages differently.

Grief is not a journey you need to undertake alone. They require time, patience, self-care, and support from loved ones.

Recognizing and understanding the seven stages of grief is not just about identifying our emotions. It is a roadmap that can guide us through one of life's most challenging experiences.

These stages do not define us but offer a framework for understanding our feelings during such an emotionally charged period.

NOTES

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Scripture – A Source of Strength

“The Lord is near to the brokenhearted and saves the crushed in spirit.” Psalm 34:18

“Blessed are those who mourn, for they shall be comforted.” Matthew 5:4

“He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away.”
Revelation 21:4

“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 affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God.”
2 Corinthians 1:3-4

“The Lord is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name's sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows.”
Psalm 23:1-6

“Peace, I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.” John 14:27

“Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.” Isaiah 41:10

“For his anger is but for a moment, and his favor is for a lifetime. Weeping may tarry for the night, but joy comes with the morning.” Psalm 30:5

“For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us.” Romans 8:18

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

“Let not your hearts be troubled. Believe in God; believe also in me. In my father’s house are many rooms. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, that where I am you may be also. And you know the way to where I am going.” John 14:1-4

“Precious in the sight of the Lord is the death of his saints.” Psalm 116:15

“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”
Philippians 4:6-7

“Yes, we are of good courage, and we would rather be away from the body and at home with the Lord.” 2 Corinthians 5:8

“For we know that if the tent that is our earthly home is destroyed, we have a building from God, a house not made with hands, eternal in the heavens.” 2 Corinthians 5:1

“Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort.” 2 Corinthians 1:3

“So also, you have sorrow now, but I will see you again, and your hearts will rejoice, and no one will take your joy from you.” John 16:22

“And the ransomed of the Lord shall return and come to Zion with singing; everlasting joy shall be upon their heads; they shall obtain gladness and joy, and sorrow and sighing shall flee away.” Isaiah 51:11

“But we do not want you to be uninformed, brothers, about those who are asleep, that you may not grieve as others do who have no hope.” 1 Thessalonians 4:13

“But, as it is written, “What no eye has seen, nor ear heard, nor the heart of man imagined, what God has prepared for those who love him” 1 Corinthians 2:9

“For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.” John 3:16

“He will swallow up death forever; and the Lord God will wipe away tears from all faces, and the reproach of his people he will take away from all the earth, for the Lord has spoken.” Isaiah 25:8

“My flesh and my heart may fail, but God is the strength of my heart and my portion forever.” Psalm 73:26

“Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus.” Philippians 3:13-14

“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 affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God. For as we share abundantly in Christ's sufferings, so through Christ we share abundantly in comfort too.” 2 Corinthians 1:3-5

“I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.” John 16:33

“Let not your hearts be troubled. Believe in God; believe also in me.” John 14:1

“Cast your burden on the Lord, and he will sustain you; he will never permit the righteous to be moved.” Psalm 55:22

“The Lord is a stronghold for the oppressed, a stronghold in times of trouble.” Psalm 9:9

“For by grace you have been saved through faith. And this is not your own doing; it is the gift of God.” Ephesians 2:8

“For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.” Romans 8:38-39

“And we know that for those who love God all things work together for good, for those who are called according to his purpose.” Romans 8:28

“For the Lord will not cast off forever, but, though he cause grief, he will have compassion according to the abundance of his steadfast love; for he does not afflict from his heart or grieve the children of men.” Lamentations 3:31-33

“Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.” Psalm 23:4

“Then I saw a new heaven and a new earth, for the first heaven and the first earth had passed away, and the sea was no more. And I saw the holy city, new Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband. And I heard a loud voice from the throne saying, “Behold, the dwelling place of God is with man. He will dwell with them, and they will be his people, and God himself will be with them as their God. He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away.” Revelation 21:1-4

“If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.” 1 John 1:9

“Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you.” 1 Peter 5:6-7

“In this you rejoice, though now for a little while, if necessary, you have been grieved by various trials, so that the tested genuineness of your faith—more precious than gold that perishes though it is tested by fire—may be found to result in praise and glory and honor at the revelation of Jesus Christ.” 1 Peter 1:6-7

“Submit yourselves therefore to God. Resist the devil, and he will flee from you.” James 4:7

“But we do not want you to be uninformed, brothers, about those who are asleep, that you may not grieve as others do who have no hope. For since we believe that Jesus died and rose again, even so, through Jesus, God will bring with him those who have fallen asleep. For this we declare to you by a word from the Lord, that we who are alive, who are left until the coming of the Lord, will not precede those who have fallen asleep. For the Lord himself will descend from heaven with a cry of command, with the voice of an archangel, and with the sound of the trumpet of God. And the dead in Christ will rise first. Then we who are alive, who are left, will be caught up together with them in the clouds to meet the Lord in the air, and so we will always be with the Lord.” 1 Thessalonians 4:13-17

“I can do all things through him who strengthens me.” Philippians 4:13

“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.” Philippians 4:6

“Since we have the same spirit of faith according to what has been written, “I believed, and so I spoke,” we also believe, and so we also speak, knowing that he who raised the Lord Jesus will raise us also with Jesus and bring us with you into his presence. For it is all for your sake, so that as grace extends to more and more people it may increase thanksgiving, to the glory of God. So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day.” 2 Corinthians 4:13-16

“Who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God. For as we share abundantly in Christ's sufferings, so through Christ we share abundantly in comfort too. If we are afflicted, it is for your comfort and salvation; and if we are comforted, it is for your comfort, which you experience when you patiently endure the same sufferings that we suffer.” 2 Corinthians 1:4-6

“For as in Adam all die, so also in Christ shall all be made alive.” 1 Corinthians 15:22

“No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.” 1 Corinthians 10:13

“Rejoice with those who rejoice, weep with those who weep.” Romans 12:15

“Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.” Romans 12:2

“But God shows his love for us in that while we were still sinners, Christ died for us.”

Romans 5:8

“Peace, I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid. You heard me say to you, ‘I am going away, and I will come to you.’ If you loved me, you would have rejoiced, because I am going to the father, for the Father is greater than I. And now I have told you before it takes place, so that when it does take place you may believe.” John 14:27-29

“Come to me, all who labor and are heavy laden, and I will give you rest.” Matthew 11:28

“The Lord is good, a stronghold in the day of trouble; he knows those who take refuge in him.” Nahum 1:7

“Then shall the young women rejoice in the dance, and the young men and the old shall be merry. I will turn their mourning into joy; I will comfort them, and give them gladness for sorrow.” Jeremiah 31:13

“A friend loves at all times, and a brother is born for adversity.” Proverbs 17:17

“A glad heart makes a cheerful face, but by sorrow of heart the spirit is crushed. The heart of him who has understanding seeks knowledge, but the mouths of fools feed on folly.”

Proverbs 15:13-14

“This is my comfort in my affliction, that your promise gives me life.” Psalm 119:50

“He who dwells in the shelter of the Most High will abide in the shadow of the Almighty. I will say to the Lord, “My refuge and my fortress, my God, in whom I trust.” Psalm 91:1-2

“You who have made me see many troubles and calamities will revive me again; from the depths of the earth, you will bring me up again. You will increase my greatness and comfort me again.” Psalm 71:20-21

“That this is God, our God forever and ever. He will guide us forever.” Psalm 48:14

“God is our refuge and strength, a very present help in trouble.” Psalm 46:1

“The Lord redeems the life of his servants; none of those who take refuge in him will be condemned.” Psalm 34:22

“The Lord is the stronghold of my life; of whom shall I be afraid? When evildoers assail me to eat up my flesh, my adversaries, and foes, it is they who stumble and fall. Though an army encamp against me, my heart shall not fear; though war arise against me, yet I will be confident. One thing have I asked of the Lord, that will I seek after: that I may dwell in the house of the Lord all the days of my life, to gaze upon the beauty of the Lord and to inquire in his temple. For he will hide me in his shelter in the day of trouble; he will conceal me under the cover of his tent; he will lift me high upon a rock.” Psalm 27:1-14

“Casting all your anxieties on him, because he cares for you.” 1 Peter 5:7

“He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness. By his wounds you have been healed.” 1 Peter 2:24

“Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, to an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you, who by God's power are being guarded through faith for a salvation ready to be revealed in the last time. In this you rejoice, though now for a little while, if necessary, you have been grieved by various trials, so that the tested genuineness of your faith—more

precious than gold that perishes though it is tested by fire—may be found to result in praise and glory and honor at the revelation of Jesus Christ.” 1 Peter 1:3-9

“And a harvest of righteousness is sown in peace by those who make peace.” James 3:18

“Now faith is the assurance of things hoped for, the conviction of things not seen. “
Hebrews 11:1

“I have fought the good fight, I have finished the race, I have kept the faith.” 2 Timothy 4:7

“In him we have obtained an inheritance, having been predestined according to the purpose of him who works all things according to the counsel of his will.” Ephesians 1:11

“I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.” Galatians 2:20

“So, we are always of good courage. We know that while we are at home in the body we are away from the Lord, for we walk by faith, not by sight. Yes, we are of good courage, and we would rather be away from the body and at home with the Lord.” 2 Corinthians 5:6-8

“Always carrying in the body, the death of Jesus, so that the life of Jesus may also be manifested in our bodies.” 2 Corinthians 4:10

“Therefore, my beloved brothers, be steadfast, immovable, always abounding in the work of the Lord, knowing that in the Lord your labor is not in vain.” 1 Corinthians 15:58

“But thanks be to God, who gives us the victory through our Lord Jesus Christ.”
1 Corinthians 15:57

“In a moment, in the twinkling of an eye, at the last trumpet. For the trumpet will sound, and the dead will be raised imperishable, and we shall be changed. For this perishable body must put on the imperishable, and this mortal body must put on immortality. When the perishable puts on the imperishable, and the mortal puts on immortality, then shall come to pass the saying that is written: “Death is swallowed up in victory.” “O death, where is your victory? O death, where is your sting?” The sting of death is sin, and the power of sin is the law.” 1 Corinthians 15:52-57

“Behold! I will tell you a mystery. We shall not all sleep, but we shall all be changed, in a moment, in the twinkling of an eye, at the last trumpet. For the trumpet will sound, and the dead will be raised imperishable, and we shall be changed.” 1 Corinthians 15:51-52

“So is it with the resurrection of the dead. What is sown is perishable; what is raised is imperishable. It is sown in dishonor; it is raised in glory. It is sown in weakness; it is raised in power. It is sown a natural body; it is raised a spiritual body. If there is a natural body, there is also a spiritual body.” 1 Corinthians 15:42-44

“And God raised the Lord and will also raise us up by his power.” 1 Corinthians 6:14

Brandon Lake’s song "Gratitude"

All my words fall short. I got nothing new. How could I express all my gratitude?
 I could sing these songs as I often do, but every song must end, and You never do.
 So I throw up my hands and praise You again and again cause all that I have is a Hallelujah,
 hallelujah.
 And I know it's not much, but I've nothing else fit for a king, except for a heart singing
 hallelujah, hallelujah.
 I've got one response. I've got just one move. With my arms stretched wide, I will worship
 You.
 Get up and praise the Lord, hey.
 Praise the Lord, praise the Lord.
 Praise the Lord.

NOTES

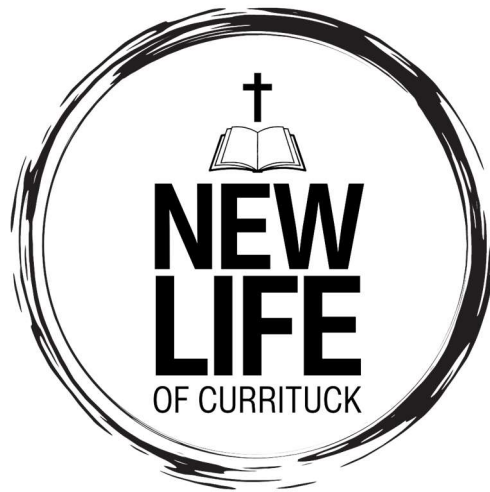
[illegible]

NOTES

[illegible]

*¹⁸ but grow in the grace and knowledge of our
Lord and Savior Jesus Christ.
To Him be the glory,
both now and to the day of eternity.
Amen.*

2 Peter 3:18



New Life of Currituck

4134 Caratoke Highway

Barco, NC 27917

252-453-2773

office@newlifecurrituck.org

WWW.NEWLIFECURRITUCK.ORG