



Resource List: Grief & Loss

The resources listed here align with Focus on the Family's philosophy and mission. Call us at 1-800-A-FAMILY, or visit our online store at store.focusonthefamily.com. (Information is regularly updated, but it's still possible that an item originally available from Focus on the Family is now unavailable.) You might also be interested in content posted on our website at focusonthefamily.com.

Included

[Books](#)
[Broadcasts](#)
[Webpages, Q&As, and Resource Lists](#)
[Referrals](#)

Books

[And Life Comes Back](#) by Tricia Lott Williford (2014) • 9780307731982 •

"A Wife's Story of Love, Loss, and Hope Reclaimed"

[Choosing to See: A Journey of Struggle and Hope](#) by Mary Beth Chapman (2011) • 9780800720858 •

Chapman shares her struggle with the tragic loss of her daughter Maria Sue, and her journey to healing through faith and hope.

[Death and the Life After](#) by Dr. Billy Graham (1994) • 9780849911231 •

Graham encourages readers to face death honestly and biblically, stressing that Jesus Christ is our only hope in death. He includes extensive discussions of life after death, heaven, and hell.

[The Empty Chair](#) by Susan J. Zonnebelt-Smeenge and Robert C. De Vries (2001) • 9780801063770 •

"Handling Grief on Holidays and Special Occasions"

[Experiencing Grief](#) by H. Norman Wright (2004) • 9780805430929 •

Sooner or later, we all face grief. Wright guides you through five essential stages: shock, rage, despair, release, and peace.

[From One Widow to Another: Conversations on the New You](#) by Miriam Neff (2009) • 9780802487841 •

Neff struggled to understand and accept her role after her husband's death. She offers suggestions for transitioning to this new stage of life.

[The God of All Comfort: Finding Your Way Into His Arms](#) by Dee Brestin (2015) • 9780310345824 •

Brestin recounts her grief after her husband's death. When she was in too much pain to pray, she learned to speak to her soul through psalms, hymns, and spiritual songs. No matter your sorrow, you can learn to calm your spirit and rest in Christ.

[A Grace Disguised](#) by Jerry Sittser (2004) • 9780310258957 •

"How the Soul Grows Through Loss"

[Grace for the Widow: A Journey Through the Fog of Loss](#) by Joyce Rogers (2009) • 9780805448467 •

Losing her husband of 54 years, Rogers tells of her sorrow and how only the Lord can sustain us. She also offers help for handling day-to-day responsibilities after such a loss.

Grieving a Suicide: A Loved One's Search for Comfort, Answers and Hope by Albert Y. Hsu (2002) • 9780830844937 •

"After his father's death, Hsu wrestled with intense emotional and theological questions surrounding suicide. While acknowledging that there are no easy answers, he draws on the resources of the Christian faith to point suicide survivors to the God who offers comfort in our grief and hope for the future."

Grieving the Loss of a Loved One by Kathe Wunnenberg (2000) • 9780310358725 •

Wunnenberg tells how God helped her survive unbearable loss—and she encourages you to rely on God's faithfulness to get through difficult days, one at a time.

He Still Moves Stones by Max Lucado (1993) • 9780849947483 •

Using familiar Bible stories and personal illustrations, Lucado encourages readers to work through the difficult topics of suffering, shame, bitterness, discouragement, and resentment.

Heaven by Randy Alcorn (2004) • 9780842379427 •

Scripture tells us that God has "put eternity into man's heart." Sharing more than two decades' worth of extensive research, Alcorn answers questions about what heaven will *really* be like.

Hope Again: When Life Hurts and Dreams Fade by Charles R. Swindoll (1997) • 9780849940880 •

"If you want to smile through your tears, if you want to rejoice through times of suffering, just keep reminding yourself that what you're going through isn't the end of the story, it's simply the rough journey that leads to the right destination."

Into the Deep by Robert Rogers with Stan Finger (2007) • 9781589973787 •

Driving home from a wedding, the Rogers family was caught in a flash flood—and Robert's wife and four children drowned. *Into the Deep* offers an account of maintaining faith in God despite tragedy.

Just Show Up by Kara Tippett and Jill Lynn Buteyn (2015) • 9781434709530 •

"The Dance of Walking Through Suffering Together"

Life After the Storm by Jan Harrison (2015) • 9780736961776 •

"God Will Carry You Through"

Parenting in the Midst of Tragedy by Glenn Lutjens (2009) • Focus on the Family booklet

When trauma strikes a family, children may especially feel their life has been turned upside down. Circumstances may require change. But giving thought to how you can maintain familiar patterns—providing security through verbal, emotional, and physical support—can give your child the best opportunity to work through pain and uncertainty.

Through a Season of Grief by Bill Dunn and Kathy Leonard (2004) • 9780785260141 •

"Devotions for Your Journey From Mourning to Joy"

When God Doesn't Make Sense by Dr. James Dobson (2012) • 9781414371153 •

Encountering difficulties in life can challenge our faith in God—and when questions are left unanswered, we may feel that God has abandoned us.

When God Interrupts: Finding New Life Through Unwanted Change by M. Craig Barnes (1996) • 9780830819799 •

Barnes encourages those dealing with loss to look to Christ, the Author of our lives. We can learn to see this time as an opportunity for growth.

When Grief Comes: Finding Strength for Today and Hope for Tomorrow by Kirk H. Neely (2007) • 9780801067600 •

A counselor and pastor for 40 years, Neely has been through the valley of the shadow of death as he endured the unexpected loss of his 27-year-old son. Learn to see and lean on the grace of God as you journey through grief.

When Your Family's Lost a Loved One: Finding Hope Together by David Guthrie and Nancy Guthrie (2008) • 9781604829686 •

Reminders are everywhere—a silent crib, an unused pillow ... There's no avoiding the pain, and each family member will grieve in his or her own way. But it *is* possible to find hope, joy, and unity again. Sharing from their own personal journey through loss, the Guthries offer practical, compassionate help.

When Your Father Dies: How a Man Deals With the Loss of His Father by Dave Veerman and Bruce Barton (2006)

• 9780785288305 •

The loss of a father is uniquely difficult for men. Read stories of well-known Christians—including Max Lucado and Chuck Colson—to help understand your emotions, heal damaged relationships, and change the way you care for your own children.

Where Is God? by Dr. John Townsend (2009) • 9780849964619 •

"Finding His Presence, Purpose, and Power in Difficult Times"

Broadcasts

Allowing God to Use All Things for Good (Grove Norwood) • 9781624715136 •

Grove Norwood prayed that God would allow him to help someone else in a tangible way. He had no idea it would be his friend Ulice Parker after Ulice accidentally killed Grove's daughter in a tragic hit-and-run accident. Their story offers a powerful reminder that each of us needs to forgive and be forgiven.

Blending Your Family After the Loss of a Spouse (Danny and Rayna Oertli) • 9781624714061 •

Danny lost his first wife to cancer, leaving him as the single parent of two children. He and his second wife, Rayna, share how they met and married—and they discuss the emotional, spiritual, and relational challenges they faced in becoming a blended family.

Choose You This Day (Anne Graham Lotz) • 2350000011857 •

Lotz describes heaven, based on Revelation 21 as: 1) a prepared place; 2) a perfect place; 3) a physical place; and 4) a place where Jesus is fully present with us. She urges listeners to accept Christ, the only way to be in heaven after death.

Coping With the Loss of a Loved One (David and Nancy Guthrie) • 9781624710919 •

The Guthries lost two infants to the same genetic disorder. They share candidly about their journey through grief and about the importance of having faith in God's sovereignty.

Coping With the Loss of Your Adult Child (Jan Harrison) • 2350000009540 •

Harrison discusses the unexpected death of her adult son, the challenge it posed to her faith, and the sustaining comfort of God's grace.

Finding God's Grace in the Midst of Tragedy (Charles and Janet Morris) • 9781624713248 •

The Morrises' oldest son, Jeff, kept them constantly on their knees in prayer. But they couldn't keep him from using drugs as a teen—and dying from an overdose at 22. Here they share how they grieved as a family with their other son, Peter. They encourage listeners to trust the Lord and stay in prayer for prodigal children.

Finding Hope After My Darkest Day (Kristen Anderson) • 9781624713903 •

Anderson shares her testimony of surviving being run over by a train in a suicide attempt—losing her legs in the process. She recounts the aftermath and coming to faith in Christ, and she talks about what parents can do to reach out to depressed teens.

Finding Strength in the Struggles of Life (Jim and Jean Daly) • 9781624713156 •

Jean Daly, wife of Focus on the Family's president, Jim Daly, describes being so devastated by her brother's suicide that she wished for death, too. Although she still struggles, she can see how God used trying circumstances to strengthen her faith.

Making Sense of Tragedy (Brady Boyd) • 9781624713644 •

Boyd, senior pastor of New Life Church in Colorado Springs, discusses the fatal shooting at the church in December 2007. He shares about the event and about the healing, forgiveness, and restoration his congregation has experienced.

Reclaiming Hope After Losing a Spouse (Tricia Lott Williford) • 2350000010164 •

Williford describes how faith sustained her after her husband unexpectedly passed away in 2010. She was 31 with two preschool-age boys. She urges others to find joy in every circumstance.

Seeking God in Hard Times (Dr. John Townsend) • 9781624713699 •

Townsend offers encouragement from his book *Where Is God? Finding His Presence, Purpose and Power in Difficult Times*. He explains why it's important to seek help from a pastor, mentor, or professional counselor when going through hard times.

Seeing God in the Wake of Loss (Steven Curtis and Mary Beth Chapman) • 9781624717437 •

In 2008, singer-songwriter Steven Curtis and his wife, Mary Beth, lost their 5-year-old daughter Maria Sue in a tragic accident. Together, they share their heartrending story and how God has sustained and comforted them.

Showing Up for a Friend in Need (Jill Buteyn) • 9781683320227 •

Buteyn shares about supporting her terminally ill friend, Kara Tippetts. She encourages those who want to come alongside loved ones struggling with life's challenges.

Focus on the Family
Webpages, Q&As, and Resource Lists

Life Challenges—Coping With Death and Grief

- focusonthefamily.com/lifechallenges/emotional_health/coping_with_death_and_grief
This series of articles helps you understand the grieving process and how to help yourself and loved ones.

Q&As

- focusonthefamily.com/family-q-and-a
Browse our Q&As for advice and encouragement.

Resource Lists

- focusonthefamily.com/family-q-and-a/resources-and-referrals
Find recommended resources and referrals listed by topic, including the following:

Comfort and Encouragement • RL003 •
Eldercare • RL061 •
Helping Children Through Grief • RL045A •
Suicide • RL073 •

Referrals

Focus on the Family Counseling Consultation Line

If you're struggling and need someone to talk to, [Focus on the Family offers a free phone counseling consultation with a licensed counselor](#). Call 1-855-771-HELP (4357), Monday through Friday, 6:00 AM to 8:00 PM (MT). Our staff may need to call you back, but they'd love to speak with you.

Focus on the Family's Christian Counselor Network

Search for licensed Christian counselors in your area: FocusOnTheFamily.com/FindACounselor

GriefShare

P.O. Box 1739
Wake Forest, NC 27588
800/395-5755
griefshare.org

- This organization provides materials to help churches facilitate grief recovery support meetings, and assists individuals in connecting with these local groups.