

Notes

1. Luke 4:21 ERV.

My Story and the Sangre de Cristo Mountains

1. John 11:35.
2. Revelation 12:11.

Grief 101

1. Andy McNeil, “Connecting and Communicating with Your Grieving Child or Teenager,” *Southern Regional Virtual Military Survivor Seminar*, February 28, 2021, Dallas: TAPS Institute for Hope and Healing, <https://www.taps.org/seminars/2021/southern#child>.
2. C. S. Lewis, *A Grief Observed* (San Francisco: HarperOne, 2001).

misplacing wednesdays (grief brain)

1. Ralph Waldo Emerson, selected and ed. by Joel Porte, *Emerson in His Journals* (Cambridge, MA: The Belknap Press of Harvard University Press, 1982), 277.

where can i hide? (grief covering)

1. Exodus 12:27.
2. Exodus 12:23.
3. Exodus 12:7–12; 11:6.
4. Ephesians 1:4–6, TLB.

i can't move (grief fever)

1. Randi Maples, “Peer Support Services: PTS Treatment for the Surviving Spouse,” *Angels of America's Fallen and KAB Medical*, Virtual Seminar, October 17, 2020.
2. Previously posted on author's Instagram, @danitajenae, November 14, 2019.
3. Ephesians 5:14.

moving forward (grief courage)

1. Matthew 6:33.

who am i anymore? (grief + identity)

1. Hebrews 12:27 NLT.
2. Isaiah 54:10.

mapping sorrow

1. Eric Weiner, Chris Gifford, and Valerie Walsh, *Dora the Explorer*, Nickelodeon Animation Studio, 2000–2019.
2. Isaiah 43:15–19.

the faulty five stages

1. Elisabeth Kübler-Ross, *On Death and Dying: What the Dying Have to Teach Doctors, Nurses, Clergy & Their Own Families* (New York: Scribner, 1969).
2. David B. Feldman, "Why the Five Stages of Grief Are Wrong: Lessons from the (Non-) Stages of Grief," *Psychology Today*, July 7, 2017, <https://www.psychologytoday.com/us/blog/supersurvivors/201707/why-the-five-stages-grief-are-wrong>.
3. Allan Kellehear, "Dr. Elisabeth Kübler-Ross and the Five Stages of Grief," EKR Foundation, <https://www.ekrfoundation.org/5-stages-of-grief/5-stages-grief/>. Excerpt on website is taken from Dr. Allan Kellehear's introduction in Elisabeth Kübler-Ross's *On Death and Dying: What the Dying Have to Teach Doctors, Nurses, Clergy and Their Own Families*, 40th Anniversary Edition (London: Routledge, 2009).
4. Margaret Stroebe, Henk Schut, and Kathrin Boerner, "Cautioning Health-Care Professionals: Bereaved Persons Are Misguided through Stages of Grief," *OMEGA- Journal of Death and Dying* 74, no. 4 (2017): 455–73, <https://doi.org/10.1177%2F0030222817691870>.
5. Marian Osterweis, Fredric Solomon, and Morris Green, *Bereavement: Reactions, Consequences, and Care* (Washington, DC: National Academy Press, 1984), 48.
6. Roxane Cohen Silver and Camille B. Wortman. "The Stage Theory of Grief," *The Journal of the American Medical Association* 297, no. 24 (2007): 2692, <https://doi.org/10.1001/jama.297.24.2692-a>.
7. Feldman, "Why the Five Stages of Grief Are Wrong: Lessons from the (Non-) Stages of Grief."
8. Elisabeth Kübler-Ross and David Kessler, *On Grief & Grieving: Finding the Meaning of Grief through the Five Stages of Loss* (New York: Scribner, 2014), 7.

sippy cups and avoidance

1. Matthew 5:4.

feast or famine

1. Psalm 34:9–10.
2. Psalm 18:19.

switchbacks and setbacks

1. Quote by John Rutledge on author's blog with permission, "They Say, 'Time Heals All Wounds.' But It Doesn't," danitajenae.com, March 25, 2020, <https://danitajenae.com/they-say-time-heals-all-wounds-but-it-doesnt/>.
2. Previously posted on author's site, danitajenae.com, March 25, 2020, <https://danitajenae.com/they-say-time-heals-all-wounds-but-it-doesnt/>.

life-giving list

1. Holmes-Rahe Stress Inventory, The American Institute of Stress, <https://www.stress.org/holmes-rahe-stress-inventory>.
2. 2 Corinthians 10:5.

horses and healing

1. Acts 17:28.

blessings, bittersweet

1. 1 Corinthians 15:55.
2. 2 Corinthians 4:17–18.

when they pass the baton

1. A song the author learned in Girl Scouts. The original song was written by Joseph Parry in the 1800s.

when they say dumb things

1. Matthew 6:10.
2. Matthew 18:22, κJV.

build a prayer team

1. Matthew 18:20, NKJV.
2. Numbers 6:22–27.

when they ask how you're doing

1. Psalm 34:9.

permission to ask why

1. Jeff Arch, Nora Ephron, and David S. Ward, *Sleepless in Seattle*, directed by Nora Ephron, Tri-Star Pictures, 1993.
2. Matthew 27:46.
3. Matthew 27:45–26.
4. Mark 9:24.

surrendering whys

1. Galatians 5:1.
2. John 10:10.
3. Romans 15:13.
4. Elisabeth Elliot, *On Asking God Why: Reflections on Trusting God* (Grand Rapids: Revell, 1989), 18.

flipping whys

1. Graham Cooke, *Radical Perceptions: Brilliant Thoughts For an Amazing Life* (Vacaville, CA: Brilliant Book House, 2011), chapter 4, n.p.
2. Ibid.
3. Ibid.

Jesus asking why

1. Luke 23:46.
2. Mark 15:34.
3. James 2:13.
4. Genesis 50:20.
5. Luke 23:34.
6. Hebrews 12:2.
7. Galatians 2:20.
8. Genesis 50:20.

blaming God for why

1. Daniel 3:17.
2. Daniel 3:18.
3. Revelation 19:11–13.

the ministry of lament

1. Proverbs 24:26.
2. John 6:68–69.
3. Job 13:15.
4. Jonah 4:8.
5. Luke 22:44.
6. Adapted from author's blog: "The Intersection Between Faith and Feelings," October 2, 2019, <https://danitajenae.com/the-intersection-between-faith-and-feelings/>.

the ministry of tears

1. Emily P. Freeman, opening session, the Hope*Writer Conference, Charlotte, North Carolina, November 6, 2019.
2. Hebrews 5:7.
3. Romans 8:26, ESV.
4. Revelation 7:17.
5. Psalm 56:8, NKJV.

when you want to give up

1. 1 Kings 19.

the ministry of smoke alarms

1. Lysa TerKeurst, *Unglued: Making Wise Choices in the Midst of Raw Emotions* (Nashville: Nelson Books, 2012), 72.
2. Psalm 37:8.

the what ifs

1. 1 John 1:7.
2. Quin Sherrer, *Hope for a Widow's Heart: Encouraging Reflections For Your Journey* (Franklin: Authentic Publishers, 2013), 27.
3. 1 Peter 5:8.
4. 2 Chronicles 16:9.
5. John 10:10.
6. Philippians 4:6–7.
7. Matthew 11:29.
8. Hebrews 4:15.
9. Romans 8:1.

the coulda-woulda-shouldas

1. Isaiah 26:3, Romans 15:13.
2. Psalm 121:1–2.
3. Judson W. Van DeVenter, "I Surrender All," 1896, Public Domain.
4. Matthew 23:3.
5. Zephaniah 3:17.
6. Adapted from the author's blog: "Shooting Stars at the Trailhead: On Loss and Grief and Mysteries," August 23, 2019, <https://danitajenae.com/shooting-stars-at-the-trailhead-on-loss-grief-and-mysteries/>.
7. Proverbs 3:3–5.

the veil between heaven and earth

1. Luke 23:32–49.
2. Joel 2:32, Romans 10:13.

3. Isaiah 8:19.
4. Ephesians 3:20.
5. Jeremiah 33:3.

the legacy of prayer

1. James 5:16.
2. Proverbs 11:21, KJV.
3. Mark Batterson, *Draw the Circle: The 40 Day Prayer Challenge* (Grand Rapids: Zondervan, 2012), 203.

when it hits the fan

1. Genesis 50:20.
2. Ephesians 4:29.
3. Proverbs 18:21, KJV.
4. Romans 8:28, Genesis 50:20.
5. Lamentations 3:22–23.

when the Holy Spirit takes the wheel

1. Psalm 22:14.
2. Isaiah 60:20, ERV.
3. Isaiah 35:10.
4. Psalm 30:11, NKJV.
5. Psalm 18:19, ESV.

when manna falls

1. Psalm 78:25.

when rocks cry out

1. Psalm 46:1–2, NLT.
2. 1 Samuel 7:12.

when eagles fly

1. Psalm 27:13.
2. Isaiah 40:30–31, NLT.
3. Romans 15:13.