



## Resource List: Grief & Loss

The resources listed below align with Focus on the Family's philosophy and mission. We trust you will find them helpful. If you would like to obtain any of these items, call us toll free at 1-800-A-FAMILY, or visit our online store at [store.focusonthefamily.com](http://store.focusonthefamily.com). (The information is regularly updated, but there is still the possibility that an item originally available from Focus on the Family might now be unavailable.) You may also be interested in the content posted on our website at [focusonthefamily.com](http://focusonthefamily.com).

### Included

[Books](#)

[Broadcasts](#)

[Websites, Q&As, and Resource Lists](#)

[Referrals](#)

### Books

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

Chapman shares her struggles with the tragic loss of her daughter, Maria Sue; her journey to healing; and the unexpected path God has placed before her of choosing to see with 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: Handling Grief on Holidays and Special Occasions](#)** by Susan J. Zonnebelt-Smeenge and Robert C. De Vries (2001) • 9780801063770 •

The holidays can offer poignant reminders of a family member who passed away during the year. Move toward healing with suggestions and traditions that honor your loved one and also bring joy back into those special days.

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

Sooner or later, we all face the dark journey of grief. Written to encourage those who've recently endured a loss, this book leads readers through five essential stages: shock, rage, despair, release, and peace.

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

Neff struggled to understand and accept her role after her husband's death. She recognized the need for women to hear from other women about their experiences—and here she offers helpful 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 •

This book plumbs the depths of our sorrows, whether due to illness, divorce, or the loss of someone we love. In coming to the end of ourselves, we can come to the beginning of a new life.

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

Losing her husband of fifty-four years, Rogers tenderly recounts her sorrow and how she turned to the Lord for help. She encourages others to do the same—and also offers compassionate help for handling day-to-day matters 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 other resources 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 •

When you lose someone you love, often the hardest part is feeling like no one really understands your sorrow. In this comforting resource, Wunnenberg tells how God helped her survive unbearable loss—and she encourages you to rely on God's faithfulness to get through the dark 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 • 9780849940880 •

Swindoll offers encouragement and hope to those who are struggling—giving guidance for finding God's purpose in suffering, for rebuilding life after failure, for allowing God to share grief, and for finding joy when life doesn't seem fair.

**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 were swept into eternity. *Into the Deep* offers a compelling story of maintaining faith in God despite tragedy.

**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 help give your child the best opportunity to work through pain and uncertainty.

**Through a Season of Grief: Devotions for Your Journey From Mourning to Joy** by Bill Dunn and Kathy Leonard (2004)

• 9780785260141 •

The pain and grief caused by the loss of a spouse, family member, or friend can defy description. This year-long devotional offers emotional and spiritual support for the first, and often most difficult, year of bereavement.

**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. This book addresses those who have been left confused and disillusioned by life's problems.

**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, even during unwanted or unexpected change—and 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 forty years, Neely has been through the valley of the shadow of death as he endured the unexpected loss of his twenty-seven-year-old son. Full of compassion and wisdom, *When Grief Comes* walks you through the grieving process as you learn to see and lean on the grace of God.

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

When your family's lost a loved one, 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 death of a parent can be devastating for anyone, but the loss of a father is uniquely difficult for men. Veerman and Barton share their personal stories and those of other well-known Christian men—including Max Lucado and Chuck Colson—to help men understand their emotions, heal damaged relationships, and change the way they care for their own children.

**Where Is God? Finding His Presence, Purpose, and Power in Difficult Times** by Dr. John Townsend (2009) • 9780849964619 •

Townsend observes that it's the "unfixability" of our problems and our own inability to solve them that keeps us seeking God. Here he shares powerful stories and practical applications to assure us of God's transforming presence in our daily lives.

## Broadcasts

### **Allowing God to Use All Things for Good – I, II** (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. In the midst of heartrending loss and pain, God showed up in an incredible way. Their story is a powerful reminder that each of us needs to forgive and be forgiven.

### **Blending Your Family After the Loss of a Spouse – I, II** (Danny and Rayna Oertli) • 9781624714061 •

Danny Oertli 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 – I, II** (Anne Graham Lotz) • 9781624712104 •

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 – I, II** (David and Nancy Guthrie) • 9781624710919 •

Losing two infants to the same genetic disorder, the Guthries share candidly about their journey through grief—and about the importance of faith in God's sovereignty.

### **Finding God's Grace in the Midst of Tragedy – I, II** (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, and they encourage listeners to trust the Lord and stay in prayer for prodigal children.

### **Finding Hope After My Darkest Day – I, II** (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, the senior pastor of New Life Church in Colorado Springs, discusses the fatal shooting that happened at the church in December 2007. He shares about the event and about the healing, forgiveness, and restoration his congregation has experienced since that tragic day.

### **Seeing God in the Wake of Loss – I, II** (Steven Curtis and Mary Beth Chapman) • 9781624717437 •

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

### **Seeking God in Hard Times – I, II** (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.

## Focus on the Family Websites, Q&As, and Resource Lists

### **Life Challenges—Coping With Death and Grief**

- [focusonthefamily.com/lifechallenges/emotional\\_health/coping\\_with\\_death\\_and\\_grief](http://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](http://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](http://focusonthefamily.com/family-q-and-a/resources-and-referrals)  
Find recommended resources and referrals listed by topic, including:

**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. You can also [search our directory for a licensed Christian counselor in your area](#) [<https://ccn.thedirectorywidget.com>].

### GriefShare

P.O. Box 1739  
Wake Forest, NC 27588  
800/395-5755  
[griefshare.org](http://griefshare.org)

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