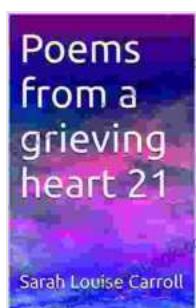


Poems from a Grieving Heart 21: A Journey of Loss and Healing



Poems from a grieving heart 21 by Sarah Louise Carroll

★★★★★ 5 out of 5

Language : English
File size : 3917 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 89 pages
Lending : Enabled

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Grief is a journey, not a destination. It is a process that takes time, and there is no right or wrong way to grieve. The poems in this collection are a reflection of my own personal journey through grief, and I hope that they will offer comfort and support to others who are grieving.

The 21st poem in the collection is titled "Hope." It is a poem about the power of hope to sustain us during our darkest times.

Hope is a flicker of light In the darkest of nights. It is a flame that burns bright, Even when all else is gone.

Hope is what keeps us going when we feel like we can't take another step. It is what gives us the strength to face the future, even when we don't know what it holds.

Hope is a whisper in the wind, A gentle touch on the skin. It is a promise that things will get better, Even when we can't see how.

Grief is a difficult journey, but it is not a journey that we have to take alone. Hope is always there, waiting to guide us through the darkness.

Hope is a beacon in the night, A light that shines on our path. It is a reminder that we are not alone, And that there is always hope for a brighter future.

Questions for reflection

1. What does hope mean to you?

2. How has hope helped you through difficult times?

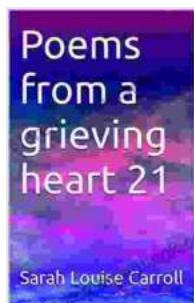
3. What are some things that you can do to cultivate hope in your life?

Additional resources

GriefShare is a support group for people who are grieving the loss of a loved one.

National Suicide Prevention Lifeline: 1-800-273-8255

Crisis Text Line: Text HOME to 741741

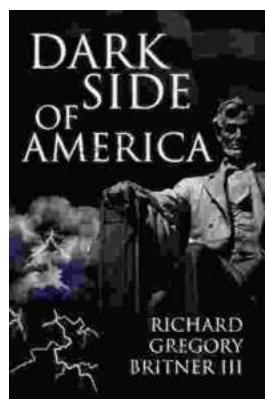


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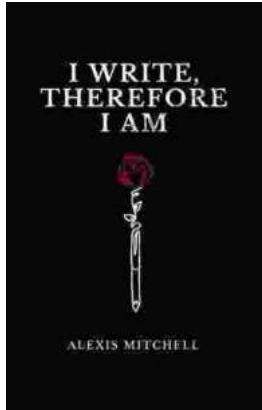
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