

# *Prescriptions for the Heart*

## **Coping with the death of a child**

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It has been said that there is no greater grief than the loss of a child. The loss of a child is most difficult because a child is a part of us, just as we are God's children. We pray that this prescription for the heart will help your healing process as you learn to cope with the loss of a child. It offers biblical guidance on how to cope with the loss of a child and also provides additional resources reviewed by a Christian physician that can provide more spiritual support and assistance. It is our prayer that God's word will encourage and help you to cope with the loss of a child.

This information is provided as a free service of the Christian Medical & Dental Associations and your doctor. All of the following biblical quotations are taken from the New King James Bible.

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### **A prescription for coping with the loss of a child**

There are no words or pills that can remove the grief of a parent who has lost a child. The best prescription is to be wrapped in the loving arms of our family of loved ones. Your heavenly Father also wants to comfort you and deliver you from your sorrow because He understands your loss. He saw his own Son die on Calvary. He bore this grief so that He could be with you in your time of sorrow. God loves you because you are His child.

The Bible reminds us that "Children are a gift from God; they are his reward."<sup>1</sup> God allows us to receive the gift of children so that we can better understand our relationship to our heavenly father. As we love our children we are also called to love and obey the Lord our God. When one experiences the untimely death of a child the grief of our loss can cause us to want to blame God. Sometimes bad things happen to innocent people, not because God wants bad things to happen, but because of the sin that is in the world.

It is helpful to remember how much God loves you at times like this, "For God so loved the world that he gave his one and only Son, that whoever believes in Him shall not perish but have eternal life. For God did not send His Son into the world to condemn the world, but to save the world through Him."<sup>2</sup> God wants to comfort you now at your time of greatest loss, because he loves you. Your job is to make yourself available to Him so that He can help to heal your sorrows and comfort your loss.

Jesus tells us to turn to Him when we endure trials; "Come to me, all you who are weary and burdened, and I will give you rest." Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."<sup>3</sup>

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<sup>1</sup> The Holy Bible: The Living Bible. 1984 (Psalms 127:3). Zondervan: Grand Rapids

<sup>2</sup> The Holy Bible: New International Version. 1984. (John 3:16-17). Zondervan: Grand Rapids

<sup>3</sup> The Holy Bible: New International Version. 1984. (Matthew 11: 28-30). Zondervan: Grand Rapids

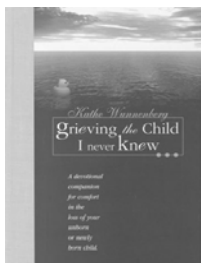
At this time of great loss and suffering it is not uncommon for individuals to suffer from depression and struggle as they adjust to the loss of a child. Your doctor may provide you with prescription medications that can help you with the symptoms of depression. While prescription medications can provide short-term relief, a strong spiritual foundation can help you heal over the long-term. A spiritual relationship with Jesus Christ can help you carry the burden of your loss and find a light out of the darkness. In the Gospel of John, Jesus said, "I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life."<sup>4</sup>

While there is darkness that may surround your life at this time, there is hope for tomorrow. Jesus promised His believers that He will never leave us. At this time of sorrow and grief prayer can help. If you do not have a pastor or a church family that can help meet your needs at this time, your doctor can refer you to a pastor in your community who would be happy to meet and pray with you about coping with your loss.

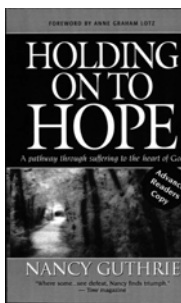
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### **Additional Resources that can help you cope with the loss of a child.**

The following resources have been reviewed by the Christian Medical Association and have been found to contain sound Biblical and medical advice that can help you through the grieving process. These books can be found at your local Christian bookstore or you can order them directly from the Christian Medical Association at **888-231-2637**.



**Grieving the Child I Never Knew:** by Kathy Wunnenberg. This is a book of compassion for those grieving the loss of a child through miscarriage, tubal pregnancy, stillbirth or early infant death. Wunnenberg knows from personal experience the deep anguish of losing a child. This devotional book, written with great compassion and understanding, contains Scripture passages and prayer, steps toward healing, questions and space for journaling. This book helps couples grieve and present their hurts to the Lord for complete healing. This is a wonderful book to share with others in this situation. Hardback, 156 pages.



**Holding on to Hope:** by Nancy Guthrie. Few people have lived –and continue to live- as deep a firsthand experience of pain and loss as Nancy Guthrie. Only God could orchestrate such events. And only God could give the Guthrie family the faith and courage to live them. May He use this story to strengthen us all. Paperback, 144 pages.



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<sup>4</sup> The Holy Bible: New International Version. 1984. (John 8:12). Zondervan: Grand Rapids