

Isaiah 41:13

For I the Lord thy God will hold thy right hand, saying unto thee, Fear not; I will help thee.



Isaiah 41:10

Fear thou not; for I am with thee; be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.



Psalm 46:1

God is our refuge and strength, a very present help in trouble.



1 Peter 5:7

“Casting all your care upon him; for he careth for you.”

Psalm 23

The LORD is my shepherd;

I shall not want.

He maketh me to lie down in green pastures: he leadeth me beside the still waters.

He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil: ***for thou art with me;*** thy rod and thy staff they comfort me.

Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.

Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD for ever.



**Healing Hearts Grief Ministry
Greater Mt. Sinai Baptist Church**

Helping

Each other with the

Acceptance of

Loss through

Spiritual affirmation



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***"Being A Full Time Caring Church
That Searches For The Lost"***

Types of Losses



Mission Statement

To provide Information and spiritual support to Greater Mt. Sinai Baptist Church members and community to guide them through bereavement experiences.

The Healing Hearts Ministry serves the community as well as our church family.

Ministry Purpose

To provide a safe place to convey emotive expression (peace, confusion, joy, anger, etc.) during your loss.

HEALING HEARTS is not a counseling ministry but supports Spiritual Healing through sharing, listening, prayer and service to others.

Ministry sessions are held every 2nd Saturday at Greater Mt. Sinai Baptist Church, 1243 West Boulevard, Charlotte, N.C. 28208 from 11:00am until 12:00pm in Room 203 of the Family Life Enrichment Center.

Psalm 55:22

Cast thy burden upon the Lord, and he shall sustain thee: he shall never suffer the righteous to be moved.

Abortion	Miscarriage
Abuse	Missing Person
Addiction(s)	Molestation
Aging	Murder
Amputation	Patience
Bankruptcy	Peer Pressure
Birth Defect	Physical Pain
Cancer	Personal Time
Companion	Pride
Chronic Illness	Privacy
Death	Possessions
Debt	Rape
Deployment	Rejection
Disability	Relationships
Disfigurement	Relocation
Divorce	Respect
Empty Nest	Revenge
Expectations	Retirement
Familiar	Robbery
Fears and Phobias	SIDS
Forced Retirement	Self-Esteem
Hair	Separation
HIV/AIDS	Spirituality
Hopes and Dreams	Stability
Identity	Status
Incarceration	Stillbirths
Independence	Suicide
Loss of Self	Technology
Mental Health	Transition
Mid-Life Crisis	Uncertainty
Misunderstood	Unemployment

Prayer for Restoration

Lord, I need you so badly because I am hurting. I am experiencing excruciating pain.

Normalcy no longer exists because of the loss I am experiencing.

It seems as if everything happened so suddenly and I have collapsed mentally, physically and spiritually.

I need your help in adjusting to change and accepting the things I have no control over.

God, I know you are experiencing pain because I am in pain.

God, I know you understand my loss; I need you to help me in the healing process.

Help me to focus spiritually by meditating, praying, reading the Bible and talking with others who have experienced loss.

Please assure me that you love me and in spite of my loss. I know you will continue to protect me.

Let me comprehend that time is a major factor in the healing process.

Let me feel anger, joy and pain so I can have holistic healing.

God, please do not leave me because I need you to restore my heart, mind, body and soul. **AMEN.**

- Reverend Michelle A. Jones