The Five Stages of Sorrow

#1 Denial . . . avoiding the pain of reality

· "The test results are probably wrong. I'll go to another doctor." (It is, however, always good to get a second opinion.)

· "I'm feeling much better. I'm sure I am improving."

· "There will be a cure for this soon." Job 8:20

#2 Anger . . . opening up honest emotions

· "Why has this happened to me?"

· "Others don't have to suffer like this."

· "God is not fair." Job 10:1

#3 Bargaining . . . attempting to change reality

· "I am going to live a healthier lifestyle, and maybe I'll get well."

· "I have not been a good person. I'll change, and God will forgive me."

· "If I have enough faith, God will miraculously heal me."

Job 13:20-21

#4 Depression . . . feeling despair over the grief and loss

· "My life will never be the same."

· "I hate being so dependent on others."

· "My life is over. I don't want to live." Job 7:16

#5 Acceptance . . . gaining a positive outlook on life

Acceptance (not resignation) embraces God's grace on a daily basis. This kind of acceptance allows you to move from being a "victim" of the illness to being a victorious, shining testimony to God's sufficiency in a world that does not know Him. Job 42:5

. The Five Stages of Sorrow25

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