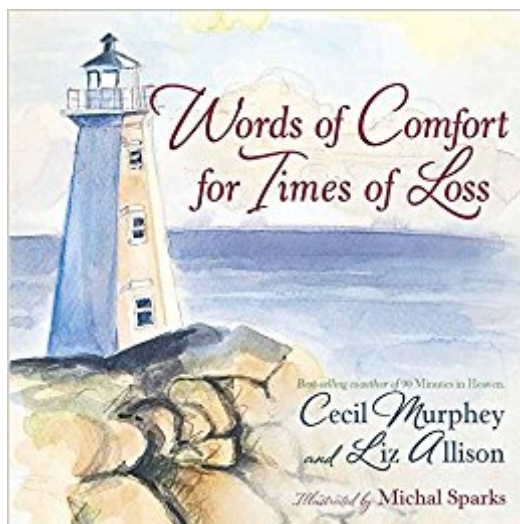


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# Words Of Comfort For Times Of Loss: Help And Hope When You're Grieving



## Synopsis

Through great personal loss, authors Cecil Murphey and Liz Allison have gained insight to share with others who are going through uncertainty, depression, and loneliness after losing a loved one. They also offer advice for those comforting someone who is grieving. Among comforting paintings by artist Michal Sparks, brief stories, personal experiences, and prayers offer a meaningful path toward healing for readers when they feel alone and lost in their grief and want to reconnect with others and to life seek to make sense of their loss alongside their sense of faith, purpose, and God want to honor their loved one without clinging to the past in unhealthy ways. Readers are given gentle permission to grapple with doubt, seek peace, and reflect on their loss in their own way without judgment and with understanding and hope. A perfect gift for a loved one dealing with loss.

## Book Information

Hardcover: 64 pages

Publisher: Harvest House Publishers (January 1, 2010)

Language: English

ISBN-10: 0736924299

ISBN-13: 978-0736924290

Product Dimensions: 6.1 x 0.5 x 6.2 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars 17 customer reviews

Best Sellers Rank: #1,023,184 in Books (See Top 100 in Books) #57 in [Books > Christian](#)

[Books & Bibles > Churches & Church Leadership > Ministry to the Sick & Bereaved](#) #891

in [Books > Christian Books & Bibles > Christian Living > Death & Grief](#) #7492 in [Books >](#)

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## Customer Reviews

“Beautiful, honest, real words of great compassion and true comfort. Cec Murphey and Liz Allison have gathered the words hurting people long to hear and those who love them wish they knew to say. As practical as it is lovely, Murphey and Allison share from their own experiences of loss to offer not only comfort, but concrete points for help, hope and healing. Powerful!”

— Rhonda Rhea, author and radio host  
“Everyone experiences death of a loved one at some point. Words of Comfort for Times of Loss is a beautiful book that serves two unique purposes. Liz Allison and Cecil Murphey write from their hearts (and their experiences) and help us know how to respond when someone is grieving. Their stories are practical and useful, yet touch our

hearts and comfort our souls. The illustrations by Michal Sparks and actually, the entire packaging of the book, makes a perfect gift to pass along when your own words just don't seem adequate. Thanks for a great resource.

Tracy Ruckman, author and photographerI just finished reading Words of Comfort for Times of Loss, and I feel the personal stories, advice, and prayers from authors Cecil Murphey and Liz Allison will bring great comfort to anyone who is grieving the loss of a loved one. In addition, the lovely watercolor paintings by Michal Sparks enhance the poignant words perfectly, making this a beautiful gift.

Anita Higman, award-winning author of 24 books"Words of Comfort for Times of Loss is the kind of book that, at some point, we all need. I read it in one sitting and drew hearts in so many places. Cecil Murphey and Liz Allison share simple yet profound truths that bring hope when everything seems hopeless. It is the kind of book that almost whispers, You are not crazy. You won't always feel this way. No, grieving isn't an easy process, but with the comfort this book brings, we understand we are not alone. My favorite sentence is just two words two beautiful words. Little joys. Little joys begin to usher healing. There is no hurry. No race to win. With grieving, it is best to take your time.

Julie Garmon, writer and speaker"Cecil Murphey and Liz Allison know first-hand the gut-wrenching pain of loss of family members. Their book, Words of Comfort for Times of Loss, offers encouragement and support to those of us who have lost loved ones. I lost two aunts, my mother, and my only child within weeks of each other. This book spoke to my deepest pain.

"Murphey and Allison validate the emotional roller coaster we ride on the journey of grief and mourning. The beautiful illustrations of Michal Sparks add to the peace and comfort this book provides. I highly recommend it and will use it as a gift for those who suffer loss. This book belongs on the shelves of those involved in Christian counseling, in church libraries, in Christian grief support groups, and in ministries such as the Stephen Ministry. I hope those who lose a loved one will read this book as soon as possible.

Yvonne Ortega, LPC, LSATP, CCDVC, author of Finding Hope for Your Journey through Breast Cancer"What a beautiful little gem of a book! My own father just died, so when I opened the package and saw the title of the book, I knew that it was a gift from God, picked out especially for me. Its profound wisdom and lovely illustrations reached even my trained grief counselor's heart. I will recommend it to others, and buy it to give as well.

Deborah Dunn, LMFT, author, speaker, & therapist"Cecil Murphey and Liz Allison combine their personal experiences to cultivate a solid resource in their book, Words of Comfort for Times of Loss. Written from the depths of their hearts, this beautifully illustrated book shares how Murphey and Allison found practical ways to cope

with their pain. “When you’re not sure what to offer someone dealing with painful loss, this book makes a wonderful gift.” —Cindy Scinto, author, *A Heart Like Mine* and *Finding God’s Will for Your Life*

Liz Allison was married to NASCAR driver Davey Allison until his tragic death in 1993. Widowed at 28 with two young children to raise, Liz faced the long journey of pain, loss, and grief with great faith. Committed to encouraging others, she returned to her work in TV reporting, has published eight books, and hosts a weekly radio show. Cecil Murphey is an international speaker and bestselling author who has written more than 100 books, including New York Times bestseller *90 Minutes in Heaven* (with Don Piper). Cecil has served as a pastor and hospital chaplain for many years, and through his ministry and books such as *When Someone You Love Has Cancer*, *Words of Comfort for Times of Loss*, and *When Someone You Love No Longer Remembers*, he has encouraged thousands. Michal Sparks’ artwork can be found throughout the home-furnishings industry in textiles, gift items, dinnerware, and more. She is the artist for *Words of Comfort for Times of Loss*, *When Someone you Love Has Cancer* and *A Simple Gift of Comfort*. She and her family live in New Jersey. Connect with Michal at [www.ACleverSpark.com](http://www.ACleverSpark.com).

I received my copy of *Words of Comfort for Times of Loss: Help and Hope When You’re Grieving* by Cecil Murphey and Liz Allison on a day when I was feeling overwhelmed with the sadness of being single after thirty-one years of marriage. Cecil Murphey and Liz Allison write from the insight of their own grieving. Because of this, when I read it, I felt like I was sitting with a couple of friends who understood my sorrow. They understand that there is not a timetable to grief. Yes, the days and times get easier as you get farther from that defining moment of the death of your loved one, but it is still there. There is no guilt in owning our grief. “For this stage of your grief, accept your feelings,” Cec often says, “My feelings are emotions--they are not reality.” He uses that statement as a way to acknowledge his feelings, especially the negative ones. Too many people don’t want you to feel angry. They can’t handle it when you yell out that life isn’t fair or that you’re mad because he died and left you alone. “Cecil and Liz also shared how important it is to gradually let go. In the little battles of letting go, we find continual opportunities to heal and realize that this moment of sorrow shall pass too.” “When you lose someone you love, you think of yourself. You remember life the way it was. You cringe at the future and wonder how you can possibly go on. They’re gone. You’ll never see them again; never hear their voice or feel their touch. You mourn for them. That’s feeling sorry for yourself. That is self-pity. And it’s all right.” Their words of understanding and comfort were a

balm to my troubled mind. Michal Sparks illustrations are calming and beautiful. Her illustrations were of the very things that I seek out when my heart is overwhelmed with pain and sorrow: flowers, water, beach, forest, birds, and butterflies. Words of Comfort for Times of Loss: Help and Hope When You're Grieving would make a great gift for those who are struggling with their own personal grief. The only thing I didn't like about this little book is the fact that it was published by Harvest House Publications, but printed in China. Let's keep our printing business here in the United States.

I gave this as a gift to two different people. Both told me what a comfort it has been to them. One of them has read it through numerous times and still finds comfort in the book.

If you need to get to the other side of grief.... This book is helpful to those who are deeply grieving.

wonderful book to share when someone has a loss in their family. My friend loved it.

Yes this is a wonderful book

A great way to extend your thoughts of comfort and sympathy to someone who suffered a loss. This helps cross the bridge of wanting to express yourself, but not knowing the right words to say.

Everyone experiences death of a loved one at some point. Words of Comfort for Times of Loss is a beautiful book that serves two unique purposes. Liz Allison and Cecil Murphey write from their hearts (and their experiences) and help us know how to respond when someone is grieving. Their stories are practical and useful, yet touch our hearts and comfort our souls. The illustrations by Michael Sparks and actually, the entire packaging of the book, makes a perfect gift to pass along when your own words just don't seem adequate. Thanks for a great resource.

The book title says it all. This little book offers words of comfort for times of loss. And, unfortunately, the authors know of what they write. Cecil Murphey experienced loss to a degree that staggers my mind: Two weeks after my father suffered a ministroke, a massive stroke took his life. On the day of his funeral, my older brother, Ray, died of cancer. Over the next eighteen months, I lost my two brothers-in-law and my mother. Several years later, Cecil's house burnt down and his son-in-law died in the fire. Liz Allison, who was married to race car driver Davey Allison, lost her husband in a helicopter crash, leaving her with two young kids. Inspired by their own experiences with grief and

loss, Liz and Cecil decided to write a book to help others through the process. As people who have lived through it and "come out the other side," they offer their advice, experiences and stories from others who have experienced loss. It is important to know that the book has a strong Christian focus and includes Bible quotes and prayers throughout. For this reason, it may not be the best choice for someone who does not follow the Christian faith, although the basic advice would apply to anyone. Here is an overview of the twelve "chapters" and the basic messages of each.

- \* **Little Joys.** Although grief can seem all-encompassing and never ending, Cecil and Liz write about how the power of little joys--"those moments when you feel lifted beyond your pain; those brief interludes when peace fills your heart and you sense God's presence." Liz found her little joys in nature during her daily walks. Although every one's little joys will be different, we all can find solace in them.
- \* **You're Not Alone.** Although many well-meaning people try to offer comfort with the words "you are not alone," the authors write how each of us feel our loss in our own unique way and we do feel alone in our private grief. Yet the authors remind those who grieve that Jesus and God are always with us.
- \* **One Simple Thing.** In the aftermath of loss, many people will ask "What can I do for you?" Yet those who are grieving often don't even know what do for themselves. Liz writes about how she just wanted people to say "Here is how I can help you"--no matter how small or simple that thing is.
- \* **Accepting Help.** "After weeks of ignoring offers of assistance from well-wishers," Liz writes, "a good friend insisted I needed help, and she was going to help me figure out exactly what I needed. That was one of the best gifts a friend could have given me--a gentle but firm intervention." The authors also remind us that "receiving help is also a way to honor and encourage those who offer."
- \* **Make It Go Away.** The pain and hurt after losing a loved one can feel soul-crushing and as if it will never go away, and it will take each person a different amount of time to work through their pain and grief. The authors remind us that sometimes the only way out of the pain is through it ... even if you only let yourself feel the pain for one minute, one hour or one day at a time.
- \* **Why Did You Leave Me?** Although this question might seem irrational, it is very common. The authors recommend working through these feelings of abandonment and anger by talking to the person you lost and realizing that "...feelings are emotions--they are not reality." By accepting and acknowledging our feelings, no matter how irrational, we begin to own them and deal with them.
- \* **If Only I Had...** It is understandable to have regrets about what we did or didn't do when faced with a loss. The authors write about how instead of trying to get past these feelings, we realize that "in time the power of these emotions will diminish" and to not let them dominate our lives.
- \* **What's Wrong with Self-Pity?** The authors distinguish between self-pity and self-absorption. It is perfectly natural to feel sorry for yourself upon losing a loved one. The key is not let it reach an unhealthy and crippling state.
- \* **Perfect Grieving.** Many

people have an idea that grief should be done within a certain amount of time. One mother who lost her newborn son told Cecil: "I wanted an A-plus on my grieving report card. By the time I went for my six-week checkup, I expected to be over all that grief. At least a year passed before I could honestly acknowledge that I was healed." The message here is that no one can push you through your grief--especially yourself. \* Am I Crazy? People who are grieving often experience extreme highs and extreme lows--moving from tears one moment to hysterical laughter the next, from anger to sadness and back again. Liz writes of asking herself over and over: "Am I losing my mind?" The authors provide reassurance that not feeling like yourself and experiencing ups and downs is a normal and expected part of the grief process. \* Material Possessions. The authors write about the process of dealing with a loved one's material possessions, and how that process can be fraught with pain and indecision. Yet the authors write that, when ready, letting go of a loved one's material possessions often offers a feeling of release. The act says: "I've decided to let you go. I am not going to forget you or ever stop loving you, but I have to do this for me." \* Facing Those Special Days. As anyone who has lost someone knows, dealing with special days like birthdays, anniversaries and holidays can be some of the roughest days to get through. The authors talk about the benefits of letting go of the old way of doing things and starting something new--a process that can be difficult but ultimately healing. The book itself is very attractively packaged. It's small square size, making it ideal for picking up and putting down as needed. And the short chapters aren't too overwhelming for someone who is grieving and may not have much energy or interest for long complicated writing. But what really puts the book over the top are the illustrations by Michal Sparks. The book is lavishly illustrated with watercolor nature scenes that might offer peace and comfort in and of themselves. My Recommendation I think this compact and attractive little book would be a good choice for giving to someone who has experienced a recent loss. However, with its strong Christian focus, I might think twice about offering it to someone who is not open to Christian-themed messages.

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