

What is grief and how do I know if I am experiencing it?

HOW DID I GET HERE?

Difficult losses or transitions such as death, divorce, or abortion can leave scars or wounds in the heart and soul (mind, thoughts, will, intellect, and emotions). Grief is a part of being human. Grief is normal. However, being stuck in the bondage of grief is not normal.

UNDERSTANDING GRIEF

When losses of people, places, or things occur, we grieve over the loss and too often we get stuck in the grief. When the loss is really felt deep in our heart we find our self-sinking deeper and deeper. The enemy can use our grief as a stronghold and hold us in hopelessness and/or depression. It is then we need help to climb out. God wants us to heal and be set free from the broken heart of grief just as much as He wants us to heal and be set free from the painful memories of trauma.

Living Water Christian Retreats

PO BOX 27578
Denver CO 80227
Phone (720)274-2455
www.livingwaterchristianretreats.org

LIVING WATER CHRISTIAN RETREATS

PRESENTS

LIVING WATER CHRISTIAN
GRIEF RETREATS

**A RETREAT CREATED
FOR WOMEN BY WOMEN**

Heart and Soul Renewal



What is a Living Water Christian Grief Retreat?

Living Water Christian Grief Retreats is a God centered process by which the Holy Spirit brings renewal to specific loss feelings attached to difficult grief events.

RENEW YOUR HEART

You make the choice to exchange all the hurts, anger, bitterness, and even shame and unforgiveness for His healing in a safe, supportive, structured, and prayerful encounter.

GET TO KNOW YOURSELF

It is important to realize that these retreats consist of educational exercises designed to enhance your understanding of self while experiencing the prayer and music ministry to assist with letting go of the past and renewing of your mind. There is no form of secular counseling involved at Living Water Christian Retreats.

People can be restored to live the victorious life God intended for them, and to fulfill their life's purpose and destiny.

EXPERIENCE HEALING

God will take what has held you wounded and in bondage, set you free, renew and restore you.

Ministering to your spirit and wounded heart, which is stuck in grief, will assist you in releasing to God the negative thoughts and blocked or frozen emotions; thus experiencing a real release and opportunity to Let Go and Let God heal you!

CALL LIVING WATER TODAY

Reservations are now being accepted for all grief retreats and trauma retreats for more information call the number below or visit us at www.livingwaterchristianretreats.org

303-274-2455

Living Water Christian Grief Retreat

Registration Form

Name: _____

Address: _____

Phone: _____

Email: _____

Mobile Phone: _____

Emergency Contact: _____

Emergency Contact
Phone: _____

Date of Retreat _____

Location of Retreat: _____

Send your registration form and check made payable to Living Water Christian Retreats PO Box 27578 Denver CO 80227

Grief retreats \$147 plus \$15 material fee total \$162

You will be blessed!