

# Jesus "n" You

Find Him "n" You

## Grief Contract

I, \_\_\_\_\_, am mourning or grieving about \_\_\_\_\_. Lord, please give me physical, spiritual, and mental strength to endure the calamity that has occurred in my life. I will strive to seek Your love. I will meditate on the Word pertaining to grief daily. I promise to allow prayer to play a major part in my recovery. Lord, work on my pain. If I need ministering, I will locate a pastor from my local community that I trust to minister to me.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**The purpose of this contract is to help me with grieving.**