



# Quotes to Share

## WITH SOMEONE WHO IS GRIEVING THE LOSS OF A LOVED ONE

### **ELISABETH KUBLER-ROSS**

"The reality is that you will grieve forever. You will not 'get over' the loss of a loved one; you will learn to live with it. You will heal and you will rebuild yourself around the loss you have suffered. You will be whole again but you will never be the same. Nor should you be the same nor would you want to."

### **MATTHEW 5:4**

"Blessed are those who mourn for they shall be comforted."

### **HELEN KELLER**

"What we once enjoyed and deeply loved we can never lose, for all that we love deeply becomes part of us."

### **J.M. BARRIE**

"God gave us memory so that we might have roses in December."

### **WINNIE THE POOH**

"If there ever come a day when we can't be together, keep me in your heart, I'll stay there forever."

### **UNKNOWN**

"Those we love don't go away, they walk beside us everyday...unseen, unheard, but always near, still loved, still missed, and very dear."

"It is perfectly okay to admit you are not okay."

"There are some who bring a light so great to the world that even after they have gone the light remains."

"Be the things, you loved most about the people who are gone."

"My scars are a testament to the love and the relationships that I had for and with that person. And if the scar is deep, so was the love."

"Keep you head up. God gives his hardest battles to his strongest soldiers."

