

Week Two: Anger

Overview:

Once you start to live in ‘actual’ reality again and not in ‘preferable’ reality, anger might start to set in. This is a common stage to think “why me?” and “life’s not fair!” You might look to blame others for the cause of your grief and also may redirect your anger to close friends and family. You find it incomprehensible of how something like this could happen to you. If you are strong in faith, you might start to question your belief in God. “Where is God? Why didn’t he protect me?” Researchers and mental health professionals agree that this anger is a necessary stage of grief. And encourage the anger. It’s important to truly feel the anger. It’s thought that even though you might seem like you are in an endless cycle of anger, it will dissipate – and the more you truly feel the anger, the more quickly it will dissipate, and the more quickly you will heal. It is not healthy to suppress your feelings of anger – it is a natural response – and perhaps, arguably, a necessary one. In every day life, we are normally told to control our anger toward situations and toward others. When you experience a grief event, you might feel disconnected from reality – that you have no grounding anymore. Your life has shattered and there’s nothing solid to hold onto. Think of anger as a strength to bind you to reality. You might feel deserted or abandoned during a grief event. That no one is there. You are alone in this world. The direction of anger toward something or somebody is what might bridge you back to reality and connect you to people again. It is a “thing.” It’s something to grasp onto – a natural step in healing.

(Source: <https://www.psycom.net/depression.central.grief.html>)

Day One: Lectio Divina, *Psalm 44:23-26*

Rouse yourself! Why do you sleep, O Lord?

Awake, do not cast us off forever!

Why do you hide your face?

Why do you forget our affliction and oppression?

For we sink down to the dust;

our bodies cling to the ground.

Rise up, come to our help.

Redeem us for the sake of your steadfast love.

Day Two: Fabella Divina (*see instruction sheet*)

Day Three: Visio Divina (*“The Scream” by Edvard Munch*)

Day Four: Imago Divina (*see instruction sheet*)

Day Five: Musica Divina (*“Mars: Bringer of War” by Gustav Holst--<https://youtu.be/L0bcRCCg01I>*)

Day Six: Silentium Divina (*see instruction sheet*)

Day Seven: Worship on CEC’s YouTube Channel