

## What to Do at Funerals

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### Try to:

- Respect/honor to lost one
- Condolences
- A brief story/anecdote/memory of a positive attribute of lost one
- Silence (while they respond)
- Move on...

### Avoid:

"I know how you feel" - grief is a VERY personal thing. Each individual deals with it in his/her own way.

"It's not that bad" - this puts the speaker & hearer on a comparison scale ... avoid this.

"This was God's will" - none of us are God ... don't make this assumption you know His will.

"You need to be strong for your \*children/family\*" - again, each person grieves in a personal way.

"Others have it a lot worse" - comparing again ...

"You need to move past this...now" - grief has no set time line for recovery and closure.

"I lost my \*family/friend\* too ..." - are you comparing again?

"Suck it up and quit crying" - pretty insensitive, but people have said it!

"God wouldn't give you more than you could handle." - this is a misinterpretation of I Corinthians 10:13 speaking of temptation. Not applicable at a funeral in any form.

"He's in a better place now" - suggests to a griever that they should be happy that their loved one is gone. This is a poorly placed phrase.

"He looks so natural" - really? All pale, lifeless, no emotion? Hope not ...

"Let me know if I can help ..." - this may seem helpful, but isn't. Better to be specific about some aid: offer to bring a meal, do an errand or chore, sit & listen, etc.

"This was to be expected" - makes judgement on the life of the deceased. Even a person in poor health, or one that made bad decisions, deserves dignity in death.

"You're still young ... you can ..." - examples: have another child, get another pet, start seeing/dating someone, etc. This indirectly puts a timeline on grief, and also discounts the loss felt.