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## Rebuilding Your Faith

What do you do when your spiritual and religious beliefs have been challenged by the death of your loved one? If this applies to you, then some of your spiritual beliefs may need to be reformed or rebuilt. If your loss caused you to question, "Why?" or if you have found yourself questioning your previous beliefs, I want you to know that it is pretty common – especially in regards to traumatic or unexpected losses.

### Considerations

- Some losses, especially unexpected or traumatic losses, will challenge our assumptions that the world is fair and that bad things shouldn't happen to us or our loved ones.
- Your personal spiritual views may need to be reformed to accommodate your experiences.
- It may be helpful to read books within your faith tradition or to meet with religious scholars or leaders.
- Some classic books on this topic include "A Grief Observed" by C. S. Lewis and "When Bad Things Happen to Good People" by Harold Kushner

### Journal Prompts

- Specifically, how did your loss challenge your spiritual views or beliefs? If you could talk with God, what questions would you have? What new views or beliefs have arisen since your loss? Do you feel that you see the world differently after your loss? How?