



Janet K Johnson

Speaker | Author | Teacher | Workshop Leader

Finding Joy in the Mourning



GRIEF DURING THE HOLIDAYS CAN BE HARD

Healing from the pain of losing a loved one can make every day difficult. The holidays, like Thanksgiving and Christmas can bring the feelings of loss into full focus. Traditions and expectations often add more stress to an already grieving heart. Even simple tasks, such as walking through a store with decorations and music, can surface memories that turn on emotions like a light switch. The holidays especially can become a time when those who grieve focus on what was rather than what can be. Finding joy may seem impossible.

Acknowledging the difficulties and finding new ways to navigate their grief during the holidays, while celebrating the one who is absent, can help those who grieve to not only heal but heal well. and look to the future with inner joy and hope.

SIGNATURE MESSAGE

THE UNEXPECTED GIFT

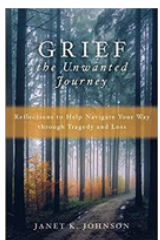
Emmanuel! The gift of God among us changes even how we grieve! We have been given ways to walk our most difficult journeys with inner peace and unspeakable joy.

- Janet shares ideas for managing emotions, shares hands-on-activities for expressing feelings in tangible ways, and ideas to communicate these feelings to others.
- She shows how the memories of traditions can turn into new ways to celebrate and remember.
- Without a doubt, scripture adds to the toolkit for taking steps forward with joy!

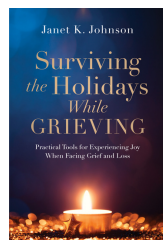
AUDIENCE BENEFITS

- Participants will discuss ways to celebrate amid grief.
- Be given ways to not only heal but heal well from their grief journey.
- Will find reasons grief does not need to determine their futures or inner joy.
- Will recognize each day is a choice to live with hope and in the promises of God.
- Will leave with a follow-up study to help them in their journey of living with hope and joy.

RESOURCES



Books



TESTIMONIAL

"Jan Johnson is a wealth of wisdom on navigating grief. She's been through more traumatic loss than anyone I know, and God is using all of it to instill joy and hope in theirs. Jan empowers the hurting with biblical, strategic, and practical answers for the lament that aches within. *Athena Dean Holtz, podcaster, author, spiritual abuse survivor, Redemption Press owner.*