



Grieving Trauma and Injustice

page 1

When tragedy strikes and we are reminded of the brokenness of people and systems in this world, where do we turn? How can we grieve as followers of Jesus?

1. Remember that God grieves alongside you.

The LORD is close to the brokenhearted; he rescues those whose spirits are crushed. (Psalm 34:18 NLT)

2. Acknowledge that it's normal to grieve the pain of another.

It is natural to struggle when we witness pain, whether it's our own or someone else's. As humans, we are created for connection, so it's valid to grieve even if the event or injustice did not directly affect us.

3. Turn to the Scriptures.

The Bible provides space for expressing hopelessness and pain. Lamenting sin, injustice, and suffering are prominent themes throughout the Bible. Let the sacred scriptures give voice to your despair. Psalms 6, 13, and 22 are a good place to start.

4. Talk to God honestly.

God does not rush you out of your pain but desires to be present with you in it. Offer your honest thoughts and questions as prayers to Him. This process is called "lament." For examples, see Lamentations 1:16, Psalm 69:1-3, and Job 30:24-29. Prayers can be spoken, written, or even thought.

5. Find a spiritually and emotionally mature loved one with whom to process.

You are not alone. Share your feelings with a non-anxious, emotionally healthy, and spiritually mature friend or guide who will listen, validate your emotions, and point you back to Jesus. Such a person can also help you with practical next steps in your grief journey. If you need to talk, email Care@wschurch.org to connect with someone from the West Side team.

217-793-2800

wschurch.org

W WEST | SIDE
CHRISTIAN CHURCH



Grieving Trauma and Injustice

page 2

6. Engage in peaceful acts of compassion.

In times of injustice and trauma, it's natural to want to do something. God has wired us to act when those around us are hurting. Jesus said, "Blessed are those who work for peace, for they will be called children of God" (Matthew 5:9). Start with prayer, encouragement, and addressing the immediate needs of others.

7. Practice self-care during distress.

Moving emotions through your body is essential for maintaining health while grieving. Low-intensity exercise, such as walking, biking, yoga, or Pilates, can help process emotional pain. Ensure you also focus on healthy eating and proper sleep.

8. Be mindful of your media consumption.

Pay attention to how media and social media impact you. Consider unplugging for a while to make space for being with others, enjoying nature, or filling your mind with uplifting thoughts (Colossians 3:2).

9. Trust in God's ultimate justice.

While we strive for justice in our community through prayer and peaceful action, it's important for those of us who trust in the Lord to leave ultimate justice in His hands (Hebrews 10:30-35; Job 12:22; Psalm 37:8-11). Believers are called to remember that the gospel of Jesus is the ultimate solution to our personal brokenness, and the coming kingdom of heaven is the only place where love and justice will be perfectly on display.

10. Seek professional counseling, as needed.

Both firsthand and secondary trauma can have significant physical and emotional effects. If recent events have led to persistent anger, sadness, disturbed sleep, or ongoing emotional distress, consider reaching out to a clinical counselor for support. Need a counseling referral? Call 217-793-2800 or email Care@wschurch.org.

217-793-2800

wschurch.org

W WEST | SIDE
CHRISTIAN CHURCH