

THE SACRAMENT OF SUFFERING  
DISCOVERING GOD'S PURPOSE IN OUR PAIN.

**PARTICIPANT'S GUIDE**



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## HOW TO WRITE A GRIEF LETTER

When asked to write a grief letter or a letter of similar content and purpose, it can be difficult to know where to begin. Here are a few concepts and principles to keep in mind when beginning and writing such a letter.

1. Bear in mind, this is your letter. Include personal thoughts, hopes, dreams, sorrows, and other things unique to you and the relationships for which you presently grieve. There is no formula to this or a right or wrong way to write it; just as there is no right or wrong way to grieve.
2. Write as though you are speaking to the person. Visualize that you are in fact speaking to them if it helps you to express your thoughts.
3. Write about distinct qualities specific to the individual.
4. Write from your heart. Allow this to be an exercise flowing from within. This is not an academic exercise and the quality of the letter on grammatical grounds will not be judged or considered in any way.
5. Concern yourself more with expression than eloquence. This is a written means of expressing what is within. It is not primarily for the purpose of any audience. It should be a deeply personal and authentic exercise.