

What to do at Funerals

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

Move on...

What NOT to say...

- “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.