



WHEN GRIEF HAS NO WORDS

A Journey Through Silent Sorrow

Finding Words for What Words Cannot Hold

By **Susie Good**

A PEACE AFTER LOSS PUBLISHING BOOK



WHEN GRIEF HAS NO WORDS

*A Scripture-Based Guide to Finding Peace,
Comfort & a Path Forward After Loss*

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ABOUT THE PUBLISHER

Peace After Loss Publishing

Peace After Loss Publishing creates scripture-based resources to support you through grief, healing, and rebuilding after loss.

Each book is designed to meet you where you are — and gently guide you forward, one step at a time.



"He heals the brokenhearted and binds up their wounds." — Psalm 147:3

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WHEN GRIEF HAS NO WORDS

*A Scripture-Based Guide to Finding Peace, Comfort & a Path Forward
After Loss*

The 6-Pillar Framework - Your First Step Through the Valley

"He heals the brokenhearted and binds up their wounds."

— **Psalm 147:3**

A Letter to You

You are holding this because something in your life has broken. A person you loved is gone. A marriage has ended. A companion who knew your routines has died. A future you were certain of has disappeared. And along with the loss itself, something else has gone too — the words.

This guide was written for that exact wordless place.

Over the next 20 minutes, you will encounter the 6-Pillar Method — a scripture-rooted, research-grounded map through the landscape of grief. It will not fix your grief. Nothing can. But it will give you something you may not have right now: language, a map, and a sense that where you are has a name.

You are not alone in this valley.

THE 6-PILLAR FRAMEWORK AT A GLANCE

Pillar 1 — PERMISSION — *Giving yourself the right to grieve*

Pillar 2 — PAIN MAPPING — *Understanding what's actually hurting*

Pillar 3 — PRESENCE — *Finding God in the middle of the pain*

Pillar 4 — PRACTICAL SURVIVAL — *Getting through the hard days*

Pillar 5 — PEOPLE — *Navigating relationships while grieving*

Pillar 6 — PATH FORWARD — *Building a life that honours your loss*

PILLAR 1

PERMISSION*Giving yourself the right to grieve**"Jesus wept."***— John 11:35**

Before any healing can begin, most grieving people need to cross one enormous threshold: permission. Not from others — from themselves. Not permission to be sad for a set number of days, or to cry at appropriate moments. Permission to feel what they actually feel, at the depth they feel it, for as long as it takes. The shortest verse in the Bible — "Jesus wept" — tells us that grief is not a failure of faith. It is love, meeting loss.

TODAY'S ACTION

- Write: "I have permission to grieve."
- "I grieve because I loved. My grief is not weakness. It is love."

REFLECTION

What have you been telling yourself about how you "should" be grieving?

PILLAR 2

PAIN MAPPING*Understanding what's actually hurting**"In all your getting, get understanding."***— Proverbs 4:7**

Grief is almost never a single, simple thing. It arrives in layers. There is the primary loss — the death, the divorce, the goodbye — and then there are all the secondary losses that orbit around it. The loss of a daily routine. The loss of an identity. The loss of a shared future. When grief feels enormous and confusing, it is often because you are carrying multiple losses simultaneously. Naming them reduces their power.

TODAY'S ACTION

- Draw a circle with your primary loss inside.
- Around it, list every secondary loss — identity, routine, relationships, future.
- Star the two or three that hurt most right now.

REFLECTION*Which dimension of grief feels most overwhelming right now?*

PILLAR 3

PRESENCE*Finding God in the middle of the pain*

"Even though I walk through the darkest valley... You are with me."

— Psalm 23:4

Spiritual disruption is completely normal in grief. You may feel God is absent, or responsible, or simply silent. This is not a failure of faith — it is the honest experience of a person walking through the valley. God meets honesty, not composure. The practice of lament — bringing your raw, unfiltered pain directly to God — is one of the most ancient traditions in Scripture. One third of the Psalms are laments. Your honest prayer finds Him close.

TODAY'S ACTION

- Sit quietly for 5 minutes and say: "God, I am here."
- That is enough. Presence before prayer. Showing up before speaking.

REFLECTION

Where do you feel God is in this grief — close, distant, or absent?

PILLAR 4

PRACTICAL SURVIVAL*Getting through the hard days*

"Cast all your anxiety on Him because He cares for you."

— 1 Peter 5:7

Grief lives in the body. It rewires the brain's navigation systems, disrupts sleep, depletes energy, and produces grief ambushes — sudden waves that arrive without warning in the middle of an ordinary day. The key to surviving the hard days is not preventing these moments — it is preparing for them. A plan gives grief somewhere to go.

TODAY'S ACTION

- One breathing practice — e.g. breathe in 4 counts, hold 4, out 6.
- One anchor scripture you can say in 10 seconds.
- Write down your top 2 grief triggers and one grounding response for each.

REFLECTION

What does grief feel like in your body? Where do you carry it?

PILLAR 5

PEOPLE

Navigating relationships while grieving

"Two are better than one... If either falls, one can help the other up."

— Ecclesiastes 4:9-10

Grief changes every relationship. Some people will surprise you with their tenderness. Others will say exactly the wrong thing. The support that heals is simple: presence without agenda. Not fixing, not explaining — just being with you in the pain. Identify the people who can offer that, and lean on them. Protect your heart from those who cannot.

TODAY'S ACTION

- Inner Circle: name 1-3 people who can hold your grief without fixing it.
- Tell one person in your inner circle how you are really doing today.

REFLECTION

Who has shown up well for you in this grief? What did they do?

PILLAR 6

PATH FORWARD*Building a life that honours your loss**"See, I am doing a new thing..."***— Isaiah 43:19**

Moving forward is not forgetting. It is not leaving them behind. It is carrying the love, the memory, and the significance of what you lost into the life that continues. The goal is integration — a self that holds the before, the loss, and the after together in one continuous story. Your grief is not the end of your story. It is part of it.

TODAY'S ACTION

- Complete the Living Legacy sentence:
- "Because I loved _____, I will carry forward _____ by _____."

REFLECTION

What do you most want to carry forward from what you have lost?

You Are Still Here. That Is Everything.

"He who began a good work in you will carry it on to completion."

— Philippians 1:6

This guide is your beginning. The full journey continues when you're ready. Each resource below goes deeper into what you have just begun. Follow what your heart is drawn to.

WHAT COMES NEXT

□ **[The Peace After Loss eBook](#)**

Your full 6-Pillar journey — expanded with worksheets, scripture tools, and deeper teaching.

□ **[The Grief Relief Guide](#)**

Seven immediate-use strategies for panic, waves, sleeplessness, and emotional overwhelm.

□ **[From Broken to Breathing](#)**

A 6-day guided devotional journey — one pillar per day.

□ **[The Mourning Map](#)**

For when you feel stuck, lost, or unsure how to move forward.

□ **[The Comfort Code](#)**

Scripture anchors for grief's hardest moments.

□ **[The Grief Journey Collection](#)**

A deeper, immersive path through the 6-Pillar framework.

"The Lord is close to the brokenhearted and saves those who are crushed in spirit."

— Psalm 34:18

You are not alone in this valley. He is with you. And so are we.

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