









LOSSES IN LIFE THAT TRIGGER SADNESS



WHAT LOSSES HAVE YOU EXPERIENCED THAT STILL AFFECT YOU?



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Stages of Gnieh

The five stages of grief suggest that everyone goes through similar emotions after experiencing a significant loss. We don't all go through them at the same pace and sometimes, we can get stuck in a stage if we do not find resolution. You may need help processing your hurt. This may include joining a support group or going to therapy. Below are the five stages.

Denial

The first stage of grief and a defense mechanism that helps us pace our feelings of grief, naturally allowing in only as much as we can handle. It is the action of declaring something to be untrue, even if it is the truth. Not accepting reality, facts and information.

Anger

It is the feeling of annoyance, displeasure or hostility that can be projected at one-self and/or others, including God. Anger is the tip of the iceberg, as there are a lot of other emotions under the surface, specifically hurt. Anger can also be something to lean on in a time when nothing feels tangible. Anger is the bridge that helps people connect from one emotion and idea to another.

Bargaining

The act of negotiating the terms and conditions, to cut a deal, to barter. We say things like, "The relationships is over, but maybe we can still be friends" or "Can I wake up from this?' It is a "temporary truce" we try to obtain to "negotiate our way out of hurt."

Depression

The feeling of severe despondency and dejection. After the defense mechanisms comes living in the present moment. Sadness, regret, fear, uncertainty, withdrawal from social interactions and so on.

Acceptance

The last stage that some people never arrive to. Accepting the new reality and adjusting your life accordingly by allowing yourself to move on and enjoy life.

As taught by David Kessler & Elisabeth Kübler-Ross: https://grief.com/the-five-stages-of-grief/

THINGS YOU MAY BE THINKING

"This is not how I pictured my life"

"I didn't expect things to turn out this way"

Why am I still:

- Single
- Hurt
- Mad
- Unhappy
- Unforgiving

- Negative
- Holding a grudge
- Unsatisfied
- Jobless
- Childless

and more



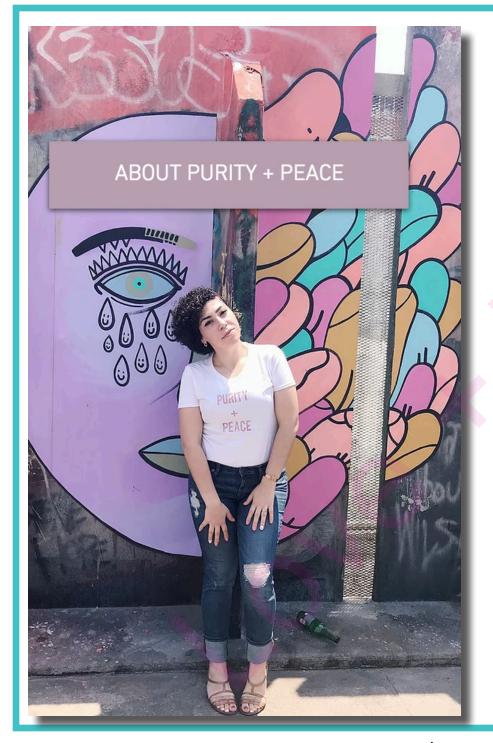
IF THIS IS YOU

You are still grieving a LOSS and are in a process toward acceptance and peace.

Some people get stuck in stages.

I was stuck in D E N I A L

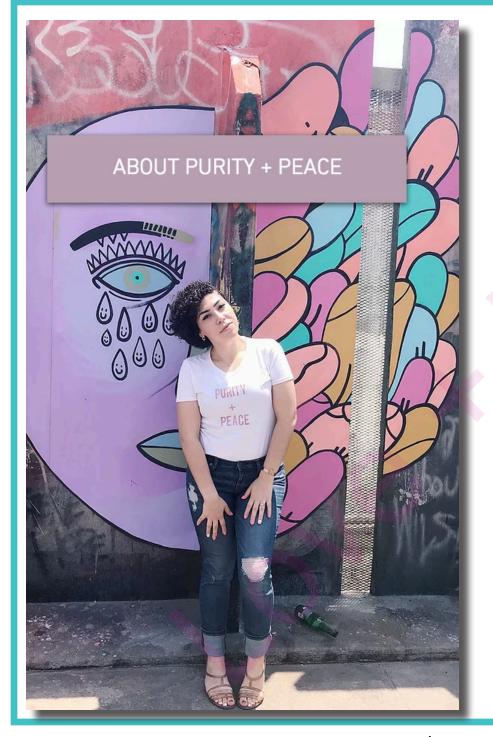




MY TESTIMONY

- Grew up in church
- Sexually abused as a child by a family member (no one knew)
- Had a great childhood: VBS, Youth Group, Family vacations, parents were ministers
- In an unhealthy, six-year relationship; compromised my purity, broke up
- Did missions overseas
- Moved to Florida
- Had a quarter-life crisis: anxiety, depression, therapy, medication
- Met my husband
- Got married
- Started P+P

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YOUR TESTIMONY

•	What is it going to take for you to make peace with your past and accept the things that have happened?		
•	• What do you feel you NEED in order to move forward?		
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	NLY YOU can give yourself permission to ove forward.		

God is READY to heal you!

PURE LOVE + HEALTH Ministnics

PURE LOVE + HEALTH Ministries Repentance brings healing. To what "HE FORGIVES do you need to ask God for forgiveness? Who do YOU need to forgive? **ALL MY SINS AND HEALS ALL MY** DISEASES." Psalm 103:3

PURE LOVE + HEALTH HAVE COMPASSION Ministries ON ME, LORD, Take a moment and specifically ask God to heal you below. FOR I AM WEAK. HEAL ME, LORD, FOR MY BONES ARE IN AGONY. Psalm 6:2

PURE LOVE + HEALTH Ministries "HE SENT OUT HIS God's Word brings healing. **WORD AND HEALED** Are you reading His Word? THEM; HE **RESCUED THEM** FROM THE GRAVE." Psalm 107:20

PURE LOVE + HEALTH Ministries Faith check! Do you believe God will heal you?				
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"AND BECAUSE OF THEIR **UNBELIEF, HE [JESUS] COULDN'T DO ANY MIRACLES AMONG THEM EXCEPT TO PLACE HIS** HANDS ON A FEW SICK PEOPLE AND HEAL THEM." Mank 6:5



PURE LOVE + HEALTH'S MISSION

Help hunting people move honward

Life is full of heartbreaking moments and losses that can cripple people from moving forward: an unexpected death, an unfaithful partner, a break up or divorce. These moments can be jolting.



TRAUMAS THAT CRIPPLE PEOPLE

LOSS

ABORTION

UNFULFILLED DREAMS

DIVORCE

SEXUAL ABUSE

and more

PURE LOVE + HEALTH'S MISSION

Healing Mind, Body and Spirit

To assist others in overcoming obstacles that are prohibiting them from reaching their fullest potential by using truths from the Bible.

This is done by:

- One-on-one consultations
- Life Coaching/Teaching
- Faith-based support groups
- Workshops
- Retreats
- Motivational assemblies
- Books, workbooks, reading and writing materials

TRAUMAS THAT CRIPPLE PEOPLE

INFERTILITY

FAMILY DRAMA

CHILDLESS

UNMARRIED

LOSS OF LOVED ONE



OUR FIRST WOMEN'S SUPPORT GROUP



Support is difficult to find in a selfie-centric world.

Especially when you're feeling blue, but we're here for you.

Each week you'll walk in and see a group of women eager to love on you and listen to your needs. You'll also get an ecouraging word from the Bible. Grow your girl squad and join the healing party!

PURITY + PEACE'S MISSION



To bring women closer to God and create a safe space for any women to heal from past hurts by providing a support system so that they will not move forward alone.

