

# Grief

Religion



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Grief Grief It is part of human life to lose a person or an object of close proximity. In our entire lives, we develop relationships with fellow humans, animals, objects and even social affiliations. The relationships are based on the perceptions we create with these interactions. From numerous objects and human life on earth, people seek companionship from what they feel attracted by or comfortable around. For instance, a person may choose a life partner from just a simple interaction. Moreover, these interactions spark an internal change that becomes part of our body and spirit. The process of acquiring is made balanced by the fact that we must lose. All relationships, objects or positions we acquire in life must be taken away or experience a phase that eliminates the effectiveness of the relationship. The loss is painful to the human life and we involuntarily develop a process that tends to react to the loss. The reaction may be displayed in numerous forms. Different people display varying reactions to loss based on their idea of mourning and recovery. In an example a person may cry while another may alter their eating habits. However, an explanation to loss and recovery may be explained in a theological perspective to understand the existence of this part of human life and spirit.

Grief can be defined as a way in which a person may react to loss. Grief is a person's way to recovery after experiencing loss of something they had a relationship with<sup>1</sup>. However, the explanation of grief does not be exhausted by the understanding of the person's relationship with what they lost. This is after the consideration that the magnitude of the loss determines the magnitude of grief one experiences<sup>2</sup>. Does grief exist in a theological scope or is grief extensively explained just by the reaction of human nature? Does one's grief relieve them of the pain they experience when they

undergo loss?

It is involuntary to grieve. Human nature is incorporated with characteristics that require them to adjust to their environment in an instance of change<sup>3</sup>. The adjustment requires any mechanism that would minimize the feeling of pain<sup>4</sup>. This explains the difference in the way in which different people grieve. A person may heal from crying while another person may not heal from the same mechanism.

The process of grieving is also determined by the magnitude of the loss<sup>5</sup>. Grief is influenced by the level of one's exposure to pain<sup>6</sup>. The magnitude of grief one may undergo when they lose their family member is different from one they experience when they lose their working position. In understanding the grieving process in human beings, a person requires to understand external factors such as religious beliefs on loss and healing<sup>7</sup>. Satisfying this religious belief may increase the effectiveness of the healing process<sup>8</sup>.

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