

Someone I love died, and I miss them a lot.  
How can I stop hurting so much?

—Sad in São Paulo

## Dear Sad,

Everyone grieves in their own way. You may feel sad or angry or confused or empty. Whatever you feel, just let yourself feel it. Try not to force yourself to feel a different way. You may never stop missing the person you love. But over time, it won't hurt so much. Things will get easier.

Try writing down your feelings. Talk about it with a family member, friend, teacher, or counselor. And always remember to pray to Heavenly Father. He can help you get through even the hardest times.

With love,

The *Friend*



### Look up these scriptures and match them with the truth they teach.

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| <ol style="list-style-type: none"> <li>1. <b>John 14:18, 26–27</b></li> <li>2. <b>Doctrine and Covenants 121:7</b></li> <li>3. <b>Alma 7:11–12</b></li> <li>4. <b>Mosiah 16:8</b></li> <li>5. <b>Isaiah 41:10</b></li> <li>6. <b>Revelation 21:4</b></li> </ol> | <ol style="list-style-type: none"> <li>a. Jesus Christ understands how I feel.</li> <li>b. Hard experiences won't last forever.</li> <li>c. Someday there will be no more pain or death.</li> <li>d. The Savior and the Holy Ghost will comfort me.</li> <li>e. Because of the Resurrection, I will see my loved one again.</li> <li>f. Heavenly Father is always there for me.</li> </ol> |
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Check answers on page 39.