

## Rooted Moms Podcast

### Season 2 Ep.7 | On Walking Through the Valley of Grief with Alexa Gearhart

#### Key Takeaways:

- The Lord will place people in your life specifically for these unimaginable seasons.
- God is always with you so continue to look for Him even in the silence and difficult times.
- Jesus took 3 of his closest disciples deep into the garden with him showing that it's important to have people around you.
- Jesus experienced physical agony at the thought of his death showing that grief presents itself in many ways such as cognitively, anxiety, etc.
- We can aim to be more like Christ - even in our suffering.
- Grief looks different for everyone - and it's going to look different for you and your spouse.
- It's important to have space to grieve alone, but just as important to grieve with others - such as your children and your husband.
- Guiding your children to have a solid foundation in the Lord is incredibly important especially once walking through grief. Point your children to the Lord the same way that you point yourself to the Lord.
- Trust the Lord to sustain your children's hearts just as we trust him to sustain our own.

#### Scriptures:

- **2 Corinthians 12:8-9 NIV** - "Three times I pleaded with the Lord to take it away from me. But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me".
- **Mark 14:32-35 NIV** - "They went to a place called Gethsemane, and Jesus said to his disciples, "Sit here while I pray. He took Peter, James and John along with him, and he began to be deeply distressed and troubled. 'My soul is overwhelmed with sorrow to the point of death,' he said to them. 'Stay here and keep watch'. Going a little farther, he fell to the ground and prayed that if possible the hour might pass from him. "Abba, Father," he said, "everything is possible for you. Take this cup from me. Yet not what I will but what you will."

- **Proverbs 3:5-6 NIV** - “Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.”

**Resources:**

Even in the Valley Ministry | Faith-based resources for families experiencing loss. Find Even in the Valley on Facebook “Even in the Valley” & Instagram [@even.in.the.valley](#)