

Let them know you are ready to walk beside them.

• Consider communicating by text or e-mail during hectic times.

Be specific with your intentions and initiate the act of service.

 Ask "When may I bring you dinner?" or "When may I babysit the kids for you?" rather than saying, "Let me know if you need anything."

Be ready to meet them where they are emotionally.

- Cry with them if they are ready to cry.
- Laugh with them if they are ready to laugh.
- Understand their frustration if they are angry.

Encourage them, even though you might not hear anything in response.

- Keep sending e-mails, texts, cards, or gifts.
- Keep offering your services and support.
- Keep praying.

Be cautious of using clichés or overly spiritual language when offering comfort.

- Avoid phrases like, "God will only give you what you can handle" or "Everything happens for a reason."
- Use scripture when the time is right. During the initial pain and disappointment, some Bible verses may be too hard to comprehend.



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