

Savannah Smiles Grief Resource Guide

If you are receiving this resource guide, then you've experienced deep loss, or you are walking with someone who has.

If you are the former, please hear this mother's heart, I am so very sorry you are walking this difficult road. I can feel it again as I type and my eyes well up and there's a lump in my throat. There are no words, none. But there is Hope and His name is Jesus. You may or may not want to hear that right now, but I am telling you, you will not survive this without Him.

If you are the later, and you are "mourning with those who mourn" (Romans 12:15) thank you. This is an uncomfortable place and we truly found out who really cares. The people we thought would be there for us and with us, were not, and the people we did not expect, got down in the mire of grief and helped to carry us when we could not walk. I have a resource for you at the end of this guide.

Jennifer Scharfenstein

Executive Director of Savannah Smiles and Savannah's Mom

One month after Savannah left, my pastor found this book for me. I believe in Jesus, grew up in church, but this was where my faith was tested greatly. Did I really believe the Bible? Was it completely true and was Jesus who He said he is? I had so many questions.

This book was just what I needed. I knew the comfort for my broken heart was God's very own Words which is found in scripture, and I knew that my husband and children were all hurting as badly as I was, that's why this book was so soothing for me. It did three things for me in the early days of grief:

1. Gave me a reason to wake up and get out of bed.
2. Gave me just enough of the soothing Words of God to comfort me.
3. Let me hear the heart of a fellow Christian sister who had experienced the loss of two of her three children. She let me into her suffering, but each day was laced with Hope and that's what I needed to hear.

We, as a family, grieved in a healthy way but that's because we kept our eyes on Jesus and continue to keep an eternal perspective. You can order from this link or if you do not have the resources, please email me and I will send you a copy. jen.scharfenstein@gmail.com

[The One Year Book of Hope \(One Year Books\): Guthrie, Nancy: 0031809101339: Amazon.com: Books](#)

About 6 months after Savannah left, I was looking for counseling or a group to meet with. I knew I still needed solid biblical counseling because my heart was still so raw and, in that state, susceptible to lies. I didn't need anyone else lying to me because I was fighting my own lies all by myself. "What If" haunted me. "Why" was a constant cry.

My husband and I found a program called [GriefShare - Grief Recovery Support Groups - GriefShare](#)

This is a grief support program hosted by local churches. You can go to this website for lots of resources but I'm guiding you there to find a support group. You can put your zip code in to see where the closest group is currently meeting.

It's set up to meet once a week for 13 weeks. I will say that personally I wasn't ready for this kind of interaction until about 6 months out. Savannah death was an accident, so it took that long for shock to just wear off.

You can also sign up for daily emails which are very helpful. There are 365 of them.

A resource that God created through us is below. This is a beautiful project that came together seamlessly because He went before us and created it. This link is going to take you back to our website so that you can listen to our story. Yes, the first 10 minutes are hard, and you'll need a tissue, but if you can get through it, I think you may be encouraged.

[Grieving with Hope — Savannah Smiles \(savannah-smiles.org\)](#)



Book for those walking with someone who is grieving:

[What Grieving People Wish You Knew about What Really Helps \(and What Really Hurts\) - Kindle edition by Guthrie, Nancy. Religion & Spirituality Kindle eBooks @ Amazon.com.](#)