

CHEAT SHEET

for the dark night of the soul

MAKE SPACE

Slow down, rest, listen, wait, and feel. Sit in the discomfort. Make space for the journey.

COMPOUND GRIEF

What other wounds of the past are clawing their way forward, begging to be heard?

OBSERVE THE SOUL

What is the state of your soul? What has loss uncovered for you? Listen, notice, and observe.

HONOR THE PROCESS

Don't rush. Sit in the mess of the undone. Honor the deep work needed for genuine healing to take place.

FIND THE FEW

Lean on the 2 or 3 people who have the maturity, availability, empathy, and wisdom to help you grieve, process, and grow.

ACKNOWLEDGE DEATH

Acceptance will come, but for now, acknowledge death as a part of life. It happens.

EVALUATE AND CHOOSE YOUR COPING MECHANISMS

Choose your coping mechanisms wisely and understand your defaults.

FACE THE DARK

Instead of running from the darkness, enter into it. Engage the wrestle of faith. Ask the questions.

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EXPECT THE SUNRISE

Expect Jesus to meet you in your dark night. He's your Sunrise in the East. No matter how long it takes, He's coming. Stay positioned to receive the Son.

BE HONEST

Honesty with yourself and with God is your new code of honor.

THE SECOND DEATH

Just when you think it's going to get better, it will get worse! The loss will hit harder.

THE WEANING

We are losing our lives, but Jesus is drawing us into His life more and more.

POSTURE OF SURRENDER

Finally, we start to grieve not only our loss but our own sin. We start to perceive God's grief.

PAY ATTENTION TO THE SEED

Our spiritual eyes are opening. What dreams has God placed inside of you?

WATCH FOR SPROUTS

The dawning may come slowly... like springtime, with a subtle song here and there, a sprout or two, then three or four...

HAND TO THE PLOW

God has been ruminating a kingdom destiny within your spirit during the dark night of the soul. Now it's time to put your hand to the plow and show up to the work that God is doing in and through us!

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