

Rebuilding Your Life

A Gentle Guide Toward
Hope and Healing After
Child Loss





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Hi, I'm Laura Diehl, founder of GPS Hope (Grieving Parents Sharing Hope), a national faith-based nonprofit that walks with parents after the death of their child. I support grieving moms and dads (pareavors) who feel lost in the darkness, helping them begin to find light, hope, and a life that still holds meaning through God's strength and presence.

After the death of my daughter, Becca, I began sharing my own journey of grief and healing. Since then, I've walked alongside thousands of parents through books, retreats, online resources, and through our Hope & Healing Workshops, which have become a lifeline for those who feel stuck in sorrow.

Healing doesn't mean forgetting. It means learning how to live again while carrying the love you'll always have for your child. And when you allow God to lead, it becomes possible to take those first gentle steps forward.

Over the years, I've connected with grieving parents across the country (and around the world) building a compassionate, faith-filled community that understands this pain. That's why I believe connecting with us here at GPS Hope will be a help to you as well.

Dear hurting parent, you are not alone. There is hope, and it begins right here.

Offering Hope Through Him,

✧ Laura





There is something deep inside us that needs to connect with others who have experienced what cannot be put into words.

-When Tragedy Strikes



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1

Let Yourself Grieve Deeply

Grief is not weakness. It is the natural overflow of your love for your child. When we try to ignore or push it down, it often leaks out later in ways that harm our hearts, relationships, or even our health. Allowing yourself to grieve fully is not only healthy, it is necessary. God created us with emotions for a reason, and holding them inside only adds to the pressure. The tears, the anger, the emptiness are all evidence of our love that has nowhere else to go right now.

Create a daily rhythm of release. Set aside 10–15 minutes to let your grief breathe. That might mean crying until you have no more tears, journaling thoughts you can't say aloud, screaming into a pillow, or simply sitting quietly with your child's photo. Giving yourself permission to grieve openly helps prevent your pain from turning into deeper wounds later.

2

Know That You Are Not Alone

Grief often whispers lies that no one understands and that you must carry this pain in isolation. But you are never truly alone. God Himself promises to be near to the brokenhearted, and there are other parents who know this sorrow personally. The enemy wants to trap you in silence, making you feel like no one else could possibly “get it.” Yet when you begin to open up to safe people, you discover that shared pain becomes lighter. Knowing that someone else has walked this path and survived, reminds you that you can too.

Write down three names of people you can reach out to when the loneliness feels unbearable. These could be friends, family, or other grieving parents. Send a simple text such as, “I’m struggling today. Can you pray for me?” Even a short connection can remind you that you don’t carry this burden alone.

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3

Release the Pressure to 'Move On'

Well-meaning people may tell you it's time to "move on," but those words can cut deeply. The truth is, you don't move on from your child. You carry them forever in your heart. Moving forward doesn't mean leaving them behind; it means learning to live in a new way where their love still shapes your journey. Grief is not a season you "get over," but a part of you that reshapes who you are. Allow yourself to let go of the unrealistic pressure to meet others' expectations and instead honor your own unique path.

The next time someone suggests it's time to "move on," try a gentle but firm response: "I'll never move on from my child, but I am learning how to move forward while keeping them close in my heart." Speaking this truth out loud both affirms your love and helps others understand.

4

Invite God Into Your Grief

God is not distant from your sorrow. He doesn't expect you to hide your tears, silence your questions, or pretend to be strong. He welcomes your rawest emotions. Remember, He also lost His Son. He knows the pain of watching a beloved child suffer and die. When you invite Him into your grief, you will discover that He doesn't always give explanations, but He always gives His presence. Some days you may feel Him near; other days, it may feel like silence. Both are normal in grief. But even in the silence, He is holding you closer than you know.

If prayers feel impossible, try a simple one-line prayer: "Jesus, sit with me in this pain." Breathe those words in and out. Even if you don't sense Him, cling to Psalm 34:18: "The Lord is near to the brokenhearted."

Let's take this journey together, holding each other up, because we need each other.

-When Tragedy Strikes





There are those who would tell us it is our choice to either lean on God for strength or fall apart, but that wasn't the case for me. I did both. I leaned on God as I fell apart.

-When Tragedy Strikes



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5

Take Gentle Steps Toward Purpose

After loss, the idea of “purpose” can feel far away, or even wrong. You may fear that finding purpose means forgetting your child. But taking small steps toward meaning doesn’t diminish your love; it honors it. Purpose after loss is about allowing your child’s love to continue flowing through you. Healing often comes in little sparks; moments where you notice hope flickering again. Be patient with yourself. These sparks don’t erase the grief, but they can give you strength to keep living.

Begin with something simple and symbolic. Plant flowers in their memory. Light a candle on their birthday. Volunteer an hour at a cause that matters to you, or was important to your child. These gentle acts keep your child’s love alive in the world and help you take steps toward discovering how life can hold meaning again.

6

Engage with Support Groups

Grief can make you feel like you are living in a world no one else understands. But connecting with other parents who have walked this road can bring powerful healing. Sharing your child’s name in a safe space, and hearing others say it aloud, is a gift that breaks the silence. Support groups (whether in person or online) remind you that you are part of a community who understands the ache in ways most people cannot. These connections help lighten the loneliness and show you that life can hold hope again.

Look for a grief support group that specifically welcomes bereaved parents. If one doesn’t exist locally, consider online communities where you can find encouragement and understanding. Give yourself permission to try a group, and if the first one doesn’t feel right, try another. You could even start your own.



Don't let the enemy take the greatest pain and darkness you have ever faced and turn it into a lie that God doesn't love you, or that He has turned His back on you.

-When Tragedy Strikes



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7

Find Resources That Understand

Not every book, podcast, or program on grief truly understands the devastation of child loss. You need resources created with your journey in mind; ones that speak to the unique depth of this heartbreak. The right resources can offer words when you have none, comfort when you feel abandoned, and direction when you feel lost. These reminders validate your pain and assure you that your child will never be forgotten. God can use these tools to guide you gently toward hope and healing, at your own pace.

This week, choose one resource designed specifically for grieving parents—whether it's a book, podcast, or ministry. Let yourself sit with it slowly. Write down any words that bring comfort or clarity. Keep those words somewhere you can return to on the hardest days.

8

Give Yourself Grace Daily

Grief is not linear. It rises, falls, and circles back around. Some days, you may feel stronger and able to breathe again; other days, you may feel like you're back at the beginning. That does not mean you are failing. It means you are grieving. Extending daily grace to yourself is essential. You're not meant to rush through this or meet anyone else's timeline. God's grace covers you, and He invites you to treat yourself with the same gentleness. When you give yourself permission to stumble, rest, or cry without guilt, you make space for true healing.

Each morning, remind yourself: "Today, I will give myself grace." Write it on a sticky note and place it where you'll see it often, such as your bathroom mirror, refrigerator, or phone screen. Let it become your daily permission to simply be, without pressure or judgment.



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You now hold something that can begin to bring light into a darkness you never asked to face. But simply holding this guide isn't what changes things. It's the gentle steps you choose to take with it, that can lead you toward healing.

When your child dies, you aren't just grieving. You are being forced to learn how to live again.

That's why I created the Hope & Healing Workshops, to walk with grieving parents like you, offering God-centered encouragement, practical tools, and a safe place to process your pain at your own pace.

These workshops aren't about trying to "fix" you. They're about helping you breathe again. Helping you carry your child's memory with you, while slowly discovering how life can still hold meaning, with God's strength guiding each step.

You don't have to walk this road alone. I'm here, and so is a whole community of parents who understand, standing with you as we lean on God and choose hope, together.

Offering Hope Through Him,
Laura Diehl, GPS Hope

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ABOUT THE WORKSHOPS](#)