

# What Not To Say When Someone is Grieving

Last week my dear friend Sandi Glahn wrote another boffo [blog post](#) about the myths of infertility, which included some of the dumb things people say.

It may be insensitivity or a lack of education that spurs people to say things that are unhelpful at the least and downright hurtful much of the time. I still remember my own daggers to the heart after our first baby died nine days after her birth. And for the past several years, I have been collecting actual quotes said to those already in pain.

So here's my current list of What Not To Say when someone is hurting:

## **Don't start any sentence with "At least. . . ."**

- "At least you didn't have time to really love her."
- "At least he's in heaven now."
- "At least you have two other children."
- "At least that's one less mouth you'll have to feed."
- "At least it didn't have to go through the pain of birth."
- "At least you've had a good life so far, before the cancer diagnosis."

## **Don't attempt to minimize the other person's pain.**

- "Cancer isn't really a problem." (e.g., Shame on you for thinking that losing your hair/body part/health is a problem.)
- "It's okay, you can have other children."

## **Don't try to explain what God is doing behind the scenes.**

- "I guess God knew you weren't ready to be parents yet."
- "Now you'll find out who your friends are."
- "This baby must have just not been meant to be."
- "There must have been something wrong with the baby."
- "Just look ahead because God is pruning you for great

works.”

- “Cancer is really a blessing.”
- “Cancer is a gift from God because you are so strong.”

**Don't blame the other person:**

- “If you had more faith, your daughter would be healed.”
- “Remember that time you had a negative thought? That let the cancer in.”
- “You are not praying hard enough.”
- “Maybe God is punishing you. Have you done something sinful?”
- “Oh, you're not going to let this get you down, are you?”  
(Meaning: just go on without dealing with it.)

**Don't compare what the other person is going through to ANYTHING else or anyone else's problem:**

- “It's not as bad as that time I. . .”
- “My sister-in-law had a double mastectomy and you only lost one breast.”

**Don't use the word “should”:**

- “You should be happy/grateful that God is refining you.”

**Don't use clichés and platitudes:**

- “Look on the bright side.”
- “He's in a better place.”
- “She's an angel now.” (NO! People and angels are two different created kinds! People do not get turned into angels when they die.)
- “He's with the Lord.”

**Don't instruct the person:**

- “This is sent for your own good, and you need to embrace it to get all the benefit out of it.”
- “Remember that God is in control.”
- “Remember, all things work together for good for those that love God and are called according to His purpose.” (Romans 8:28 is powerful to comfort oneself, but it can feel like

being bludgeoned when it comes from anyone else.)

**What TO say:**

- “I love you.”
- “I am so sorry.” You don’t have to explain. Anything.

**What TO do:**

- A wordless hug.
- A card that says simply, “I grieve with you.”
- Instead of bringing cakes, drop off or (better) send gift certificates for restaurants or pizza places.

And pray. Then pray some more. It’s the most powerful thing we can say or do.

This blog post originally appeared at [blogs.bible.org/what-not-to-say-when-someone-is-grieving/](https://blogs.bible.org/what-not-to-say-when-someone-is-grieving/) on January 20, 2009, and you can read the many comments there.