

# DURING TERRIBLE TIMES,

## Never say:

---

1 Things will get better. I promise.



2 God must have needed an angel.



3 There will be a blessing in this.



4 When my aunt had cancer....



5 God never gives us more than we can handle.



6 Everything happens for a reason.



## Instead, say:

---

Oh my friend, that sounds so hard.

I wish I knew the right words. I am here for you.

\*Silence\*\*  
(The truth is, no one knows what to say.)

May I come sit with you?

I would love to bring you a meal this week. Can I email you about it?

I am so grateful to hear about how you are doing. Just know that I am on your team.