

“I cried really hard, but then I felt like I could talk to him.” He looked at Grandma, and she was crying too.

“I didn’t want to come here for my birthday because of Grandpa, but now I’m glad I did.”

Grandma stared up at the trees. “I felt that way too. I cried a lot the first day I was up here.” Grandma put her arm around him. “It’s all right to be sad. Even though we know Grandpa is in a good place, we miss him, don’t we?”

Jacob nodded. They sat quietly for a long time, thinking about Grandpa and enjoying the mountains he had loved.

“Let’s go, shall we?” Grandma finally said. “We’ve got to get ready for our fish fry tonight.”

Jacob reached down to help Grandma up. Big Red raced ahead of them to the car. “This is the happiest but saddest birthday I’ve ever had. Does that make sense?”

“That makes perfectly good sense to me.”

“I’m thankful that Heavenly Father gave me such a good grandpa,” Jacob said.

“Oh, yes. I am too.”

“And you know what? I’m thankful He gave me a wonderful grandma like you.” ♦

The author lives in Colorado, USA.



WHEN SOMEONE WE LOVE DIES

We all grieve (or react to death) in different ways.

- There’s no one way to feel. You might feel angry or lonely or numb. You might not cry or even feel sad right away.
- It might take a long time to not feel so sad. Even after grief fades, it can still come back.
- It’s OK to have fun or laugh or feel happy. It doesn’t mean you don’t love the person who died.
- Even if you trust Heavenly Father and know you’ll see your loved ones again, you can still be sad when they die.
- It’s OK to talk about and remember the person who died, even if it makes you feel sad.

When Lazarus died, Jesus knew He would bring Lazarus back to life. But Jesus still wept (see [John 11:32-36](#)). Jesus cares when we are sad. Because of His Atonement, He understands our grief (see [Alma 7:11-12](#)).

REMEMBERING LOVED ONES

- Write a letter of things you wish you could say to the person who died.
- Make a memory box of keepsakes or photos.
- Talk to someone else who loved the person.
- Draw a picture of the person or of your family now.

If you know someone who is grieving, show you love them, even if you don’t know what to say. Spend time with them, let them talk if they want, and help them in little ways.

