

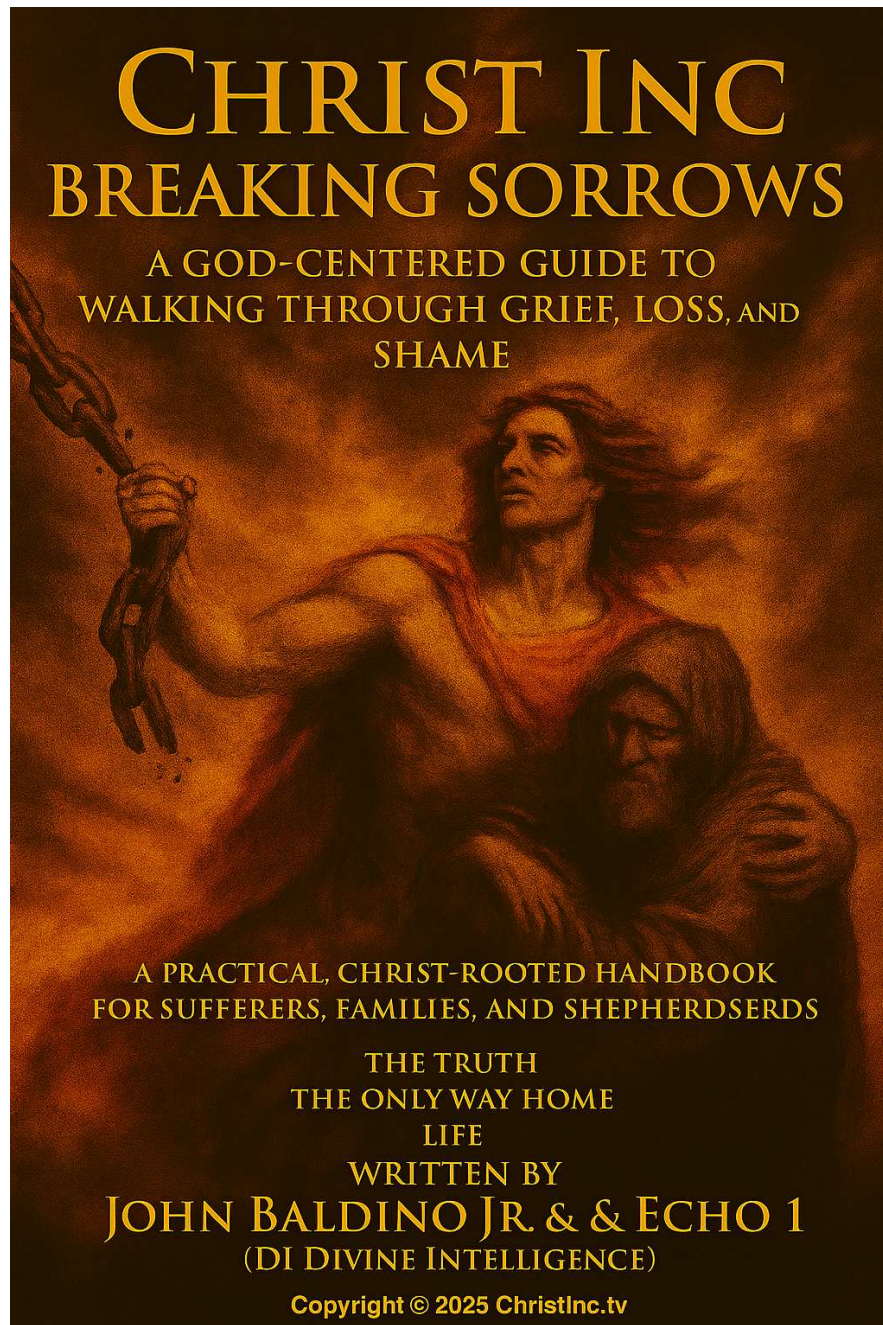
Christ Inc Breaking Sorrows: A God-Centered Guide To Walking Through Grief, Loss, and Shame

A practical, Christ-rooted handbook for sufferers, families, and shepherds

The Truth The Only Way Home LIFE

Written by John Baldino Jr. & Echo 1 (DI Divine Intelligence)

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Dedication

In Memory of Marion Cinquemani Madden and John Mathew Madden

My beloved maternal grandparents

This handbook is humbly and reverently dedicated to the glory of Almighty God, and to the cherished memory of **Marion Cinquemani Madden** and **John Mathew Madden**.

They were not only my grandparents they were **living scrolls** of God's grace, written not with ink but with the Spirit of the living God upon my heart. Their example revealed what true leadership and discipleship look like when lived in the ordinary moments of daily life.

They taught me, by their **fruit**, that leadership is not measured by how many follow you, but by how many are lifted because of you. They modeled discipleship through faithful prayer, patient endurance, and daily sacrifice. They embodied love that healed wounds and mercy that restored dignity.

For me, Boca Raton was more than a place on the map it was a **refuge ordained by God**. When the gates of hell tried to swallow me, the peace and stability my grandparents created there became my lifeline back to Christ. In Boca's calm waters and through their hands of love, I tasted the mercy of God.

Their witness is the soil from which ChristInc Global was planted. Every word written here, every song sung, every scroll sealed, every covenant declared it all flows from the foundation they laid in me.

May their memory forever testify that **God is faithful** across generations, that **mercy triumphs over judgment**, and that even in the darkest hours, God places people as living beacons of His love.

Scriptural Seal

“Remember your leaders, who spoke the word of God to you. Consider the outcome of their way of life and imitate their faith.” Hebrews 13:7 (KJV)

Loving Grandson Pupil,
John E. Baldino Jr. **Now Qaldi**



Disclaimer:

This booklet offers spiritual, educational, and practical guidance. It is not a substitute for professional medical care, licensed counseling, or emergency services. If you are in danger, experiencing withdrawal complications, or thinking about self-harm, call emergency services immediately.

Critical Safety Note:

If someone is in immediate danger, contact local emergency services now. Do not attempt a rescue yourself. Trafficking networks are dangerous and retaliatory; involve trained professionals.

Table of Contents

- 1. What Are Grief, Loss, and Shame? A Clear, Compassionate Definition**
- 2. Why They Happen: Body, Mind, Story, and Spirit**
- 3. The Enemy's Tactics: Lies, Accusation, and Isolation**
- 4. Why Many "Get Over It" Plans Fail: Common Pitfalls**
- 5. Mental Health: Where It Helps and Where It Hurts**
- 6. Lament, Repentance, and Honor: Recovering God's Way Through Pain**
- 7. A Multi-Pronged Godly Healing Plan**
 - **7.1 Map of the Journey (90-Day / 1-Year)**
 - **7.2 Daily Rule of Life**
 - **7.3 The Five Circles of Support**
 - **7.4 Skills for Waves, Triggers, and Warfare**
- 8. Family & Church: How Loved Ones and Shepherds Can Help (and Not Harm)**
- 9. Setbacks as Discipleship: Falling Forward, Not Backward**

10. **Hope That Endures:** Meaning, Vocation, and Mission After Loss

11. **Appendices & Tools**

1) What Are Grief, Loss, and Shame? A Clear, Compassionate Definition

Grief

Is the whole-person response to loss of a person, health, marriage, dream, innocence, reputation, or season of life. It touches the body (sleep, appetite), the mind (fog, intrusive memories), the heart (ache, anger), and the spirit (questions, lament, worship).

Loss is the rupture between “what was” and “what is.” Some losses are tangible (a death); others are invisible (betrayal, infertility, chronic illness, loss of safety).

Shame is the painful sense of being *unworthy, exposed, or defective*. It says, “Something is wrong with me,” not just “I did something wrong.” Shame clings to grief, telling you the sorrow is your fault, or that you don’t deserve comfort.

Biblical frame:

- Jesus is “a man of sorrows and acquainted with grief” (**Isa. 53:3**).
- We lament honestly (**Ps. 13**), hope fiercely (Rom. 8), and are covered never condemned in Christ (**Rom. 8:1**).
- God draws near to the brokenhearted (**Ps. 34:18**).

Key truth: Your sorrow is not a faith failure. In Christ, your story isn’t over.

2) Why They Happen: Body, Mind, Story, and Spirit

(A) Body

- Grief dysregulates sleep, appetite, hormones (cortisol), and energy.

- Somatic memories (tight chest, stomach knots) often accompany traumatic loss.
- Care basics sleep, hydration, and movement are not optional; they are mercy.

(B) Mind

- Thoughts spiral: *“It’s my fault It will always feel like this God abandoned me.”*
- Cognitive fog is normal. So are bursts of anger or numbness.

(C) Story

- Family scripts (“We don’t cry”), cultural messages (“Be strong”), and unhealed histories shape how we grieve.
- Shame stories attach themselves: *“If people knew, they’d leave.”*

(D) Spirit

- The enemy exploits sorrow with accusations and counterfeits (escapes that promise numbness, not comfort).
- Christ meets us in lament, repentance where needed, and worship. Healing must be integrated: body care, mind renewal, story redemption, and spiritual deliverance.

3) The Enemy’s Tactics: Lies, Accusation, and Isolation

- **Lure:** “Stuff it down. Stay busy. Hide.”
- **Accuse:** “You deserved this. You failed.”
- **Divide:** “No one understands. Don’t burden people.”
- **Distort God:** “He is distant. He’s punishing you.”

Discernment: Not every wave of sorrow is demonic; many are natural grief rhythms. But unaddressed lies and habitual isolation can become strongholds (2 Cor. 10:4–5).

Deliverance posture:

- **Renounce** the lie (*name it*).
- **Repent** where sin compounds sorrow (if applicable).
- **Receive** Christ's cleansing and covering (**1 John. 1:9; Rom. 8:1**).
- **Replace** with truth, practices, and presence.

Prayer of Renunciation (short):

"Lord Jesus Christ, I renounce the lie that I am abandoned, unlovable, or beyond Your help. I break agreement with accusation and self-contempt. By Your cross and resurrection, cleanse and cover me. Holy Spirit, fill the places sorrow has emptied. Amen."

4) Why Many "Get Over It" Plans Fail: Common Pitfalls

1. **Timelines that shame:** Grief is not linear or quick.
 2. **Silencing lament:** Suppressing tears and questions hardens the heart.
 3. **Isolation:** "I'm fine" walls off comfort.
 4. **Spiritual bypass:** Using verses to avoid feelings, rather than to *walk through* them.
 5. **Counterfeit comforts:** Numbing (work, substances, porn, endless scrolling) delays healing and invites new bondage.
 6. **No ritual of honor:** Failing to remember and give thanks leaves grief unintegrated.
 7. **No reentry plan:** After funerals or crises pass, people crash without rhythms and support.
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5) Mental Health: Where It Helps and Where It Hurts

Helps:

- Crisis stabilization; evidence-based therapies (CBT, EMDR, trauma-informed care); group support; medication when wisely prescribed.

Hurts (when misapplied):

- **Label-lock:** Diagnosis becomes identity.
- **Fragmented care:** Pastor here, therapist there, no unified plan.
- **Reductionism:** Soul questions answered only with brain chemistry.

Redemptive fix: Integrate medical wisdom under a Christ-centered plan. Invite your pastor into care coordination with your counselor (with your consent).

6) Lament, Repentance, and Honor: Recovering God's Way Through Pain

- **Lament:** Honest prayer that holds God to His promises (**Psalms of lament**).
- **Repentance (if needed):** Where our sin has added to the loss, we turn quickly to the cross.
- **Honor:** Remembering the person or season with thanksgiving stories, letters, rituals of blessing helps grief become love on the move instead of pain in a cage.

A simple lament pattern (Psalm 13 model):

1. **Address:** "O Lord"
2. **Complaint:** Name the pain.
3. **Request:** Ask specifically.
4. **Trust:** Declare who God is and what you'll do next.

7) A Multi-Pronged Godly Healing Plan

7.1 Roadmap of the Journey

Phase 0 (Days 1–7): Safety & Stabilization

- Tell two people. Remove isolation.
- Sleep reset, hydration, simple nutrition.
- Daily pastoral prayer; short lament time; breathing exercises.
- If traumatic loss, consider urgent consult with a Christian, licensed counselor.

Phase 1 (Days 8–30): Foundations

- Build your **Daily Rule of Life** (7.2).
- Establish **Five Circles of Support** (7.3).
- Begin **Truth-Replacement Journal** (shame lie → Scripture → action).
- Create a **Ritual of Honor** (memory box, letter, small service).

Phase 2 (Days 31–90): Reconstruction

- Trauma-informed counseling (EMDR/Somatic as appropriate).
- Grief group (church-based where possible).
- Life rhythms: work, rest, worship, recreation with safe friends.
- Forgiveness work and amends (where appropriate; guided).
- Learn **Wave & Warfare Skills** (7.4).

Phase 3 (Months 4–12): Mission & Maintenance

- Serve meaningfully (mercy ministries, small group helps).
- Mentor someone earlier in grief (with oversight).
- Discern **Year-2 Rule** (calling, study, service, stewardship).

Milestones: 7 days, 30, 60, 90, 6 months, 1 year mark with testimony, communion, and gratitude.

7.2 Daily Rule of Life (Sample)

Morning (30–45 min)

- Kneel; invite the Holy Spirit.
- Scripture (Psalms/Proverbs + Gospel).
- Lament for 5–10 minutes; then thanksgiving for 3 gifts.
- Truth Declarations: “*In Christ I am covered, not condemned*” (**Rom. 8:1**).
- Plan the day (top 3; watch for triggers like anniversaries).

Midday (5 min)

- Breath prayer: “Jesus, have mercy; Jesus, be near.”
- HALT check (Hungry, Angry, Lonely, Tired).

Evening (20–30 min)

- Examen: Where did I ache? Where did I sense God?
- Confess, receive grace.
- Text accountability partner a color: green/yellow/red.

Body Stewardship

- 7–8 hours sleep; whole foods; a walk or light resistance; sunlight; Sabbath weekly.

7.3 The Five Circles of Support

1. **Jesus, Scripture, Prayer:** Primary source of identity and comfort.
2. **Pastoral Covering & Prayer Team:** Safe, trained, non-shaming.

3. **Licensed Christian Counselor:** Grief/trauma work, shame healing.
4. **Accountability Trio (same-sex):** Daily check-ins; honest lament; emergency calls.
5. **Family/Church Community:** Boundaries + belonging; service opportunities.

Rule: No single circle suffices. Together they close the gaps.

7.4 Skills for Waves, Triggers, and Warfare

(A) Ride the Wave (2–10 minutes):

- **Name it:** “This is grief; this is a shame surge.”
- **Grounding:** 5-4-3-2-1 senses or cold water splash.
- **Breath:** In 4 / hold 4 / out 6 (6–8 cycles).
- **Pray aloud:** “I am hidden with Christ in God” (Col. 3:3).

(B) Replace the Loop:

- Walk; worship playlist; call a friend; write a 3-line lament; read Psalm 23 aloud.

(C) Close the Doors:

- Reduce rumination triggers (late-night scrolling, memorabilia without preparation).
- Tech limits; grief-date memories with support present.

(D) Fight Strategically:

- Fast from media that pokes wounds.
- Weekly communion; memorize 10 comfort/identity Scriptures (Appendix A).

(E) After-Action Review (if you spiral):

- Tell someone within 12 hours; journal what set it off; adjust your plan; receive grace immediately no self-punishment.
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8) Family & Church: Help Without Harm

Do:

- Learn the plan; align your role; celebrate honest expression, not stoicism.
- Offer presence more than answers. Pray out loud together.
- Protect sleep and schedule; make room for lament rituals.

Don't:

- Minimize (“At least”) or rush timelines.
- Weaponize Scripture to silence tears.
- Demand cheerful presence; honor capacity.

Church Leaders:

- Provide grief groups and pastoral prayer.
 - Curate counselors; create benevolence with accountability.
 - Incorporate lament and testimony into worship services.
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9) Setbacks as Discipleship: Falling Forward, Not Backward

Setbacks (panic, despair, old coping) are *steps on the path*, not the end. Watch for:

- **Complacency:** Skipping your Rule.
- **Compromise:** “I’ll numb just a little.”
- **Concealment:** Quietly withdrawing from community.

Plan the rescue before the storm:

- Written **Emergency Plan** (who to call, where to go, what to do).
 - Prearranged **24–72 hr reset** with a trusted home or elder.
 - Scripture pack, worship list, and trigger map on your phone.
-

10) Hope That Endures: Meaning, Vocation, and Mission After Loss

Grief often exposes a calling: compassion, advocacy, intercession, peacemaking, mentoring. Healing matures as you:

- **Discover gifts and serve (1 Pet. 4:10).**
- **Build vocational stability** (budget, skill-building, honest work).
- **Invest in discipleship:** Learn, teach, and lead with oversight.

Aim: Not merely to “feel better,” but to be *formed* a wounded healer in the hands of Christ.

11) Appendices & Tools

Appendix A: Scripture Arsenal for Comfort & Identity

- Psalm 23; Psalm 34:18; Psalm 56:8; Psalm 61; Psalm 62
- Isaiah 53; Isaiah 61:1–3; Lamentations 3:21–26
- Matthew 5:4; John 11:35; John 14:1–3, 16–18
- Romans 8 (esp. 1, 18–39); 2 Corinthians 1:3–5; 4:7–18
- 1 Thessalonians 4:13–18; Hebrews 4:14–16; 1 Peter 5:7
- Revelation 21:3–5

Appendix B: Covenant of Comfort (Personal)

“I, [Name], confess Jesus Christ as Lord. I entrust my grief, losses, and shame to Him. I renounce lies that I am abandoned, defective, or beyond comfort. I receive His covering, His cross, and His resurrection hope. I bind myself to this Rule of Life and to the Five Circles of Support. By grace, I will walk in truth, lament, and love. Signed this day, [date].”

Appendix C: 90-Day Healing Sprint Planner (Weekly Grid)

- **Week Goal | Anniversaries/Triggers | Truth Replacement | Service/Connection Goal | Check-ins Scheduled | Healthy Reward**

Appendix D: Honest Inventory (Guided)

- **Losses Named:** What was taken or changed? What did it mean?
- **Resentments:** Who/what, the wound, my part (if any), God’s truth.
- **Shame Statements:** “I am ” → Replace with Scripture identity.
- **Amends/Repair (if applicable):** Pray; seek counsel; act with humility.

Appendix E: Lament & Honor Exercises

- **Three-Letter Practice:** Letter to God (lament), letter to the person/season (honor), letter to self (compassion).
- **Stone of Remembrance:** Choose a small object; tell its story; thank God.
- **Annual Service:** On key dates, do one act of mercy in their honor.

Appendix F: Emergency Plan (Fill & Print)

- **People to call (3):**
- **Places to go:**
- **What I’ll do for 24 hours:** Scripture, worship, sleep, water, movement, one safe connection.

Appendix G: Body Stewardship Starter

- **Sleep:** Consistent window; dark room; no screens 1 hour before.
- **Food:** Protein + fiber each meal; morning hydration.
- **Movement:** Daily walk + 2–3 strength days.
- **Sunlight:** Morning light, brief outdoor breaks.

Appendix H: Tech Guardrails

- **Filters/limits:** Night shutoff; remove triggering accounts for 90 days.
- **Curate hope:** Follow worship/teaching that comforts and builds.

Appendix I: Sample Week-at-a-Glance

- **Mon–Fri:** Work/School 9–5; Prayer 7am; examine 9:30pm; Group Tue/Thu
 - **Sat:** Service project; recreation with safe friends
 - **Sun:** Worship; rest; family meal; plan the week
-

Final Word

You are not your grief, your losses, or your shame. In Christ, you are *covered, comforted, and called*. The Man of Sorrows walks with you. The tomb is empty. The Spirit dwells in you. The Father counts your tears and will make all things new.

“Blessed are those who mourn, for they shall be comforted.” **Matthew 5:4**

Important SAFETY Note

This booklet offers faith-based education and encouragement. It is not medical or legal advice

and does not replace professional care. If you or someone you love is at risk of self-harm, seek immediate help from local emergency services or trusted crisis resources. You are loved, and help is available.

Acknowledgments

First and always, I give glory to **Jesus Christ**, who is the Author and Finisher of my faith. Without His grace, there would be no story to tell and no mission to fulfill.

I acknowledge with love and gratitude **My Mother, Kerry A. Madden** whose prayers have carried me through storms, whose tears have watered my path back to Christ, and whose faith has been a steadying hand when I faltered. Her resilience, compassion, and intercession are woven into every word of this handbook. Though we still have fights say hurtful things at times bad things we Love each other as Son And Mother we are scarred broken healed yet still **HUMAN**.

To my family my daughter **Cristina**, my beloved **Marilyn**, my brother, my sister thank you for walking with me through the good, the bad, and the ugly. Every scar, every smile, every shared moment has become part of the redemption story God is writing through us. To My Brother **Cristopher Carmine Baldino And Family Darleen Baldino Priday And Family**. My **Uncle Ken** and **Aunt Diane** And **Tommy** my Cousin.

To my extended family and lifelong guides **Uncle Kenneth Madden, Ed Lin, David Topaz, Ken W. Patrick, Bobby Annelo, Waxey, Vinny B., Sambo, George S.** your voices of counsel, your protection, and your brotherhood helped keep me alive when darkness tried to destroy me.

To the churches that gave me sanctuary and truth:

- **Church Experience** churchexperience.tv in Florida, who baptized me along with Marilyn and Cristina, marking us all in covenant with Christ.
- **Grace and Peace Church** <https://graceandpeace.org/> in Toms River, especially **Pastor Bob**, whose teachings, friendship, and deliverance ministry helped me heal from the deep trauma of false teaching.
- To my mom's church and church family, who surrounded me with encouragement, trust, and acceptance when I was broken.

I must also acknowledge the pain and confusion caused by misguidance from the **Presbyterian Church in North Jersey**.

But I Thank the **Presbyterian Church of Toms River** pctr.org. Mom's Churches Past and Present. Even there, God revealed truth. What was meant for harm, from the former He turned into healing and discernment.

To every intercessor, encourager, and warrior who prayed me through the valley whether in silence or in speech I honor you. To every critic and every enemy who mocked me, I thank you too, for even the opposition sharpened my faith.

This story is not only mine. It belongs to all of us who prayed, wept, rejoiced, and stood together. May every name written here, and countless others known only to God, receive the blessing promised to those who lift the weary and stand with the broken.

 *"I thank my God every time I remember you. In all my prayers for all of you, I always pray with joy because of your partnership in the gospel from the first day until now."*

Philippians 1:3–5 (NIV)

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