



February 7/8
Embracing Grieving and Loss

“Brothers, we do not want you to be ignorant about those who fall asleep, or to grieve like the rest of men, who have no hope.” 1 Thessalonians 4:13

I. Society’s Approach to Grief

- a. _____ your feelings
- b. _____ the loss
- c. _____ alone
- d. _____ heals
- e. _____ with regret
- f. _____ again

II. God’s Approach to Grief

- a. _____ your feelings
- b. _____ your loss
- c. _____ in community
 - 1. _____ the loss
 - 2. _____ to grieve
 - 3. _____ about their loss
 - 4. _____ help
 - 5. _____ through the first year
- d. _____ will heal you
- e. _____ your regrets
- f. _____ always

For Discussion

1. Read the list of losses below. Check the ones you've experienced in your life.

Devastating Losses

- death of a child or spouse, family member, or friend
- mental or physical disability
- divorce
- loss of a job
- spousal infidelity
- cancer, disease, illness
- infertility
- suicide in the family
- stillbirth or miscarriage
- shattering of a lifelong dream
- rejection for a promotion or from school
- other

(Apparently) Insignificant or Natural Losses

- church moves to a new building
- having a child—can't do the things you used to do
- getting married - ditto
- children moving out of the home
- entering into old age
- a close friend or child gets married
- friends move away
- small group multiplies
- a pastor joins or leaves staff
- a faithful pet dies
- retiring from work
- transferring from one school or job to another

2. What helped or hurt in the experience?

3. Do you believe you've fully recovered?

4. How does Romans 8:28-30 apply in this experience?

5. Henri Newton has rightly said the degree to which we grieve our own losses is the degree to which compassion flows from our lives. Why does that tend to be true?