

enCOURAGEment in Grief

Darcy Siggelkow

**Life is more about losing
than it is about winning or gaining.**

Read 1 Timothy 6:7

Questions: What from your experience in life disagrees with this statement? What agrees with this statement?

**Grief is the personal experience of loss.
This past year has been one long year of loss**

Question: What have you lost this past year during the pandemic?

**Grief is not something you get over.
It's something you get through.**
Rick Warren

Read Matthew 5:4, Matthew 26:36–39, Hebrews 12:2

Questions: What in these verses affirms what you know about grief? What do you learn about grief in these verses?

How you can enter into your grief and walk through your loss:

- Don't run from the intrusion of loss and grief.

Questions: What have you grown up believing about grief and loss from your family of origin? How did your parents respond to grief?

Emotions need motion

David Kessler

Question: What people from the Bible come to mind who experienced grief?

- Learn to run into the arms of God.

Rick Warren's stages of grief:

- a) shock
- b) sorrow
- c) struggle – the part of grief where you ask the “Why” questions
- d) surrender

**The deeper the pain [of others],
the fewer words [you use].**

**Much of our spirituality is just a mask
for trying to be in control.**

Question: What have you seen or experienced in life that exemplifies this statement?

Read Hebrews 5:8

Questions: How was this true in the life of Jesus? What has this past year taught you about surrender?

Resources

“The Purpose Driven Life: What on Earth Am I Here For?” by Rick Warren

https://read.amazon.ca/kp/embed?asin=B008EGV4BQ&preview=newtab&linkCode=kpe&ref_=cm_sw_r_kb_dp_ZRVCS62NPPRMCPP4YFSJ