

Discussion questions – Enlarge your soul through grief and loss

Loss is a place where self-knowledge and powerful transformation can happen if we have the courage to participate fully in the process – Pete Scazzero

Group discussion:

Icebreaker – Briefly share one loss you have experienced this past 12 months ... and how did it impact you.

From the sermon:

What are some of the common defence mechanisms we (YOU) use to protect use/you for grief and loss? (E.g. Denial)

Have a discussion on the stages of grief

- **Stage 1- Denial**
An air of shock, or numbness, or nothingness. Perhaps the loss has not yet felt real, or really hit.
- **Stage 2- Anger**
This is a time of demands; a demand to know *why* this loss had to occur. Sometimes this anger will turn inward, sometimes outward, while yearning for answers.
- **Stage 3- Bargaining**
The bargaining stage entails an 'imagine if' mindset. It is common to play a loop of 'other' scenarios wherein you could have intervened to 'undo' the loss. This is a yearning for repair, for time travel, and a desperation to find an alternative solution to loss.
- **Stage 4- Depression**
Despair, and withdrawal. Depression is common and ranges widely in time and severity, an experience that for some can last years.
- **Stage 5- Acceptance**
How does 'acceptance' look in your understanding?

Now let's turn to a Biblical understanding/approach/example of grief and loss:

Read – Matt 26:36-44

1. Name some of what Jesus was about to lose
2. It is important for us to remember that Jesus was both FULLY human and FULLY God. Spend a few moments focusing on Jesus in vs. 36-41. What were some of the ways Jesus dealt with and moved through his losses?
3. What about Jesus, example of grieving most speak to you about embracing your grief and loss?

One of the central messages of Christian Faith is that suffering, and death bring resurrection and new life. Are there any losses you have not yet embraced where new life is still waiting to be birthed?