



Small Group Questions - Grief, Hope and principles to help.

Sunday was part 1 in a 2 part preach in which we looked at the subject of grief, the hope we have in Jesus and practical principles to help those who are suffering the pain of traumatic loss.

First we saw that grief is both universal (we will all go through it) and unique. What makes grief unique & how do people grieve in different ways?

Why do you think it would be unhelpful to say to someone who is suffering loss: "I know how you feel"?

We looked at grief coming in waves. Read Ecclesiastes 3: 1-4. When we are feeling the pain of loss, how important do you think it is to have people to talk to and allow the emotions to flow?

When we suppress our emotions, or refuse to accept the loss, we are more at risk of complicated grief. This involved: Withdrawal, depression, self medication (drinking too much or using other substances to try and numb the pain), thoughts of suicide or some sort of emotional break down.

This is true for people who are facing supporting a loved one with a terminal illness. Why might it be healthy for the person supporting their loved one to talk about the prospect of their loved one dying?

We heard part of a story from Mel, and the loss of his first wife. Mel had a choice: To rant and say "It's not fair" or to say "Thank you for the time we had". What difference in the journey of grief would this choice make?

Read 1 Thes 4: 13-18. What are our reasons for hope?

What difference to our perspective does it make knowing we will be : TOGETHER, ALWAYS with the LORD?

As a group how can you support those within the group when they are going through loss?

Are you going through the pain of loss? What support do you need? Do you want to chat more with someone from your small group or the pastoral team?

If you need help it's good to let people know. Feel free to email Chris if you would like to chat with someone from the pastoral team on chris.jarvis@opendoorchurch.co.uk

Take time praying with each other and for the families who are going through fresh grief at this time.



Consider using this song to help you as you pray:

https://www.youtube.com/watch?v=l_baJyIQp_w&list=RDI_baJyIQp_w&start_radio=1