

Grief and Loss

As you think through your own past experience(s) of bereavement or serious loss:-

- How would you describe how your grief was expressed?
- How was grief and loss expressed by the people of God in Lamentations?
- As you look back, were there ways that you were unable to deal with the loss at the time? Why was that?
- How did the words or behaviour of those around you help or hinder you as you faced that bereavement?
- Lamentations 3:17-26 the people move from despair and hopelessness to faith and hope. What made the difference? What helped you to regain hope and to begin the process of healing?

As we look to the future, we will all face the loss of loved ones and go through grief and sorrow therefore:-

- What has helped you from this study to prepare your expectations and to better equip you for the journey through grief when it comes?
- Although we may never “get over” the loss of a loved one or close friend, what verses and promises of God can we hold on to in order to sustain our faith and hope and to begin the process of healing?
- Do you agree that grief and hope can co-exist for the believer? Why?
- It is said that no one should have to grieve alone. Who would you look to as a companion on the journey?

As well as facing grief ourselves, we will almost certainly need to walk with others in their loss:-

- The scriptures tell us to mourn with those who mourn – what does this look like?
- Are you more at ease with doing practical things for someone grieving than being present and listening? Why is that?
- How do we comfort someone who has lost a loved one, who they think was not a believer?
- In some ways grief is very personal to the individual due to traditions, culture, complex family dynamics and their own temperament. How can we be sensitive to their needs and avoid offering what is unhelpful?
- Grievance against God can be a common feeling in loss. The person might say “If God loved me, why did He take them away?” or “If God is sovereign, why could He not have prevented this from happening?” These reactions can drain a person’s faith and embitter their soul. How can we help them in such a situation?