



Session 5: Enlarge Your Soul through Grief and Loss

How would you rate your experience with silence and stillness as a means to receive God's love?

As you were growing up, how did you deal with disappointments and sadness?

Discussion: Share one loss you have experienced this past year. How has this loss impacted you?

Bible Study: Read *Matthew 26:36-44*

1. Place a checkmark beside the common defences you sometimes use to protect yourself from grief and loss:

- | | |
|--|--|
| <input type="checkbox"/> Denial | <input type="checkbox"/> Rationalizing |
| <input type="checkbox"/> Minimizing | <input type="checkbox"/> Intellectualizing |
| <input type="checkbox"/> Blaming others or God | <input type="checkbox"/> Distracting |
| <input type="checkbox"/> Over-spiritualizing | <input type="checkbox"/> Becoming hostile |
| <input type="checkbox"/> Blaming yourself | <input type="checkbox"/> Medicating |

2. Focus on Jesus in verses 36-41. In contrast to the above defences, what are some of the ways He dealt with and moved through His losses?

3. What about Jesus' example of grieving most speaks to you about embracing your own grief and loss?

Application:

1. Write down your significant losses during two or three age ranges of your life, and your response at the time.

Age	Losses/Disappointments	Your Response at the Time
3-12		
13-18		
19-25		
26-40		
41-60		
61+		

2. What was the experience of writing these down like for you? Did it reveal anything new?

3. Three Core Phases of Biblical Grieving:

- 1- Pay attention.
- 2- Wait in the confusing in-between.
- 3- Let the old birth the new.

Are there any losses you have not yet embraced where new life might still be waiting to be birthed?