

Life Group Preparation Notes:

Emotionally Healthy Spirituality

Session 5 - Enlarge your Soul through Grief and Loss.

Purpose: To learn how to embrace our losses so that we can experience new life.

Worship: Suggested song is “Even when it hurts” By Hillsong United. After singing or reading the words, chose one line from the song that affected your emotions and share this with the group.

Pray: Take 2 minutes of silence to “be still and know that I am God.” Psalm 46:10. Then pray prayers of thanks for His presence.

Check-in: As you were growing up, how did you deal with your disappointments? Give one example.

Overview: “Loss is a place where self-knowledge and powerful transformation can happen- if we have the courage to participate fully in the process.

We all face many “deaths” within our lives. Our culture routinely interprets losses and griefs as alien invasions and interruptions to our “normal” lives. The choice is whether these deaths will be terminal (crushing our spirit and life) or will open us up to new possibilities and depths of transformation in Christ.”

Biblical approach to grieving:

- Pay attention - be aware of loss that you are experiencing, express it, consider how the Psalmist did it;
- Wait in the confusion in-between e.g. Like Abraham and Sarah did for their son; like a ‘pregnancy’ the waiting.
- Let the old birth the new. Resurrection.

Watch Vimeo: Session 5. <https://vimeo.com/254905736/7083d589de> Note one phrase from the video that impacted you the most. Share that with the group.

Bible Study: Matthew 26:34-44

Group Discussion:

1. Briefly share one loss you have experienced this past year. How has this loss impacted you?
2. What was Peter’s response to Jesus’ predictions of His death? (v 33,35)
3. The common responses to protect ourselves from grief & loss are: denial; minimizing; blaming; over-spiritualising; rationalizing; intellectualizing; distracting; becoming hostile; medication. Which of these defenses did Peter use?

4. Based on the above list, which defenses do you tend to use?
5. Read verses 36-46. How did Jesus deal with and move through His losses?
6. What about Jesus' example of grieving speaks most to you about embracing your own grief and loss?

Check-out and prayer time:

The central message of Christianity and of Jesus life is that suffering and death bring resurrection and new life. What losses have you not yet acknowledged and accepted so that new life can be birthed in you? Pray this back to God.

Application:

Identify specific losses or disappointments you have experienced and put an approximate date (year) to them. For each loss, note how you responded at the time. Journal what this revealed to you. Watch for any patterns to your responses to loss.

Others:

Share your experiences of this session with another person in your circle of influence.

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