



How Do You Feel

Discussion Group Guide
Week Seven **Grief**

“The Lord is near the brokenhearted, and saves the crushed in spirit.” Psalm 34:18

Grief is the heavy feeling of inner pain that comes when we lose something to which we were attached. God promises to be near to us when we grieve and to help us heal.

UNDERSTANDING GRIEF

Because grief is so unpleasant, we naturally avoid it, which can make it hard to recognize when we are feeling it. Take some time to put grief into words.

- How would you explain grief to a three-year-old?
- How do you experience grief physically?
- Share about a specific loss that has caused you grief. Explain what it felt like.
- Creative option: Take three minutes to write a haiku that captures the physical feeling of grief. (5/7/5 syllables)

RESPONDING TO GRIEF

The impact of grief depends on how we respond to it. Unhealthy responses include avoidance of or over-indulgence in our negative feelings. Spend some time sharing your observations of how you or others respond to grief.

- Are you more likely to run away from grief or get stuck in it? Explain.
- How have you seen others respond negatively or destructively to grief?
- Describe a positive response to grief that you have observed. Why did it “work?”

HELPING OTHERS THROUGH GRIEF

God helps us through grief because He loves us. When we have been helped, he equips us to help others through their grief.

“Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and the God of all consolation, who consoles us in all our affliction, so that we may be able to console those who are in any affliction with the consolation with which we ourselves are consoled by God.” 2 Corinthians 1:3–4

- Share an experience of God’s consolation during a time of personal affliction.
- How did you experience God’s nearness? Describe how God helped you.
- How might God enable you to console another as he has consoled you? Be specific.
- Identify one person you know who needs help in their affliction. (_____)

PRAYING FOR THOSE WHO GRIEVE

Share briefly about your own grief or the grief of others close to you. Close your group by praying for God’s help for each person named, and thank God for the ways he has consoled you in the past. Ask for God to show you how He might use you to help others through their challenges, and thank God for the time you have had together with your discussion group.