



Community Church

Relationship Revolution: Emotionally Healthy Spirituality

Enlarging Your Soul Through Grief and Loss (Week 5)

Week of February 5, 2012

"We all face many "deaths" within our lives. Our culture routinely interprets these losses and grief 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." (Peter Scazzero) (Some ideas for this study have come from the Emotionally Healthy Spirituality Workbook)

1. While growing up, how did you deal with disappointments and loss? Give an example.
2. Share about a loss that you have experienced in the last year. How has this affected you?

View Lifegroup: DVD Week #5

Read Matthew 26:26-45

Jesus is an incredible example of someone who grieved in a proper manner. He paid attention and listened to the interruptions of grief and loss, he wrestled and waited to accept the mystery of grief and loss and he walked through the brokenness.

3. What are verses 26-29 and 31-35 describing that Jesus will loss and grieve?
4. Read verses 37-38 and describe in your own words Jesus emotions.
 - a. Does this surprise you that the man who is fully God is struggling to that extent? Explain.
 - b. What does Jesus being so emotionally raw over loss and grief teach us about being emotionally and spiritually mature?
5. In verses 39-43 how do we see Jesus wrestling through and waiting for what was to come?
 - a. Does it surprise you that Jesus the Son of God would ask the father God for a different plan on three occasions? What can we learn about dealing with loss and grief from Jesus?

People use defenses to protect from grief and loss. Here is a list of the most common. Identify the ones that you use and why?

- Denial
- Minimizing
- Blaming others or God
- Over-spiritualizing
- Blaming oneself
- Rationalizing
- Intellectualizing
- Distracting
- Becoming hostile
- Medicating

6. In contrast to the list above, how does Jesus walk through his brokenness?

a. Compare your response to loss and pain and Jesus' response. What can you learn?

7. What encouragement can you take from Jesus' example?

Digging Deeper –

1. Using the chart below choose two or three age ranges and write down significant losses that you have experienced and how you responded during those times. (Use a separate sheet if needed)

Grief Chart		
Age (In Years)	Losses / Disappointments Experienced	Your response at that time
3-12		
13-18		
19-40		
40 & Older		

2. Have you given yourself time and permission to grieve losses in your life? (Like Jesus' example)

3. The Bible shows that through suffering and death comes resurrection, how can you identify this in your own life?

(Optional Further Study)

Read Psalms of lament or Lamentations and identify how the psalmist paid attention, wrestled and waited and walk through grief and loss. Here are a few, Psalm: 5, 10, 39, 69

Book, Emotionally Healthy Spirituality, by Peter Scazzero