

Grace to Grieve Study Guide
LifeStreams Episode 4
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September, 2020

Grief, as defined by Merriam-Webster, is, “deep sorrow, trouble or annoyance; the response to loss, especially the loss of someone who has died.” It is important to understand that while grief is intensified by the loss of a loved one, it is not confined to that loss alone. Grief is part of the human experience whenever there is loss or trauma.

1. Describe the grief you are or have experienced.
2. Describe the steps you have been taking to work through your grief.
3. What challenges or obstacles have you experienced during your grieving process?
4. What coping skills are you currently putting into practice?
5. Filtering questions
 - a. Is it safe?
 - b. Is it kind?
 - c. Does it move me toward hope?
6. Take a moment to meditate on the following passage from I Thessalonians 4: 13-18 in the Voice Translation.

“¹³ Brothers and sisters, we want you to be fully informed about those who have fallen asleep in death so that you will not be overwhelmed with grief like those who live outside of the *true* hope. ¹⁴ Here’s what we believe: since Jesus died and rose again, in the same way, God will bring with Jesus all who have died through Him. ¹⁵ For we can say all this to you *confidently* because it is the word of the Lord: we who are still alive and left behind when the Lord comes will not precede those who have fallen asleep in death. ¹⁶ *On that day*, with a command *that thunders into the world*, with a voice of a chief heavenly messenger, and with a blast of God’s trumpet, the Lord Himself will descend from heaven; and all those who died in the Anointed One, *our Liberating King*, will rise *from the dead* first. ¹⁷ Then we who are alive and left behind will be snatched up together with them into the clouds to meet the Lord in the air. This is how we, *the resurrected and the living*, will be with Him forever. ¹⁸ So comfort one another *with this hope, and encourage one another* with these words.”

- a. What does it mean to you when Paul cautions his disciples to not “grieve as those outside of true hope”?
 - b. Think now of the opposite: What does it mean to grieve with hope?
7. Grieving with faith. Consider Hebrews 6:4.
 - a. How does your perspective shift when you view your loss as an offering of faith/worship to the Lord?
 - b. Are there any areas of your loss, the experience of grief that you have held back from the Lord?
 - c. If so, describe what is holding you back. Possible areas may be fear, shame or guilt?
8. God of Comfort.
 - a. Meditate on the following passages of Scripture, 2 Corinthians 1:3, Isaiah 53 and Hebrews 5.
 - b. Describe your thoughts.
 - c. How is Christ able to relate to you personally as you walk through grief, disappointment and pain?
 - d. In what ways will you be able to support others experiencing sorrow?
9. What is one step toward hope you will commit to take this week?