

Good Grief Series | A Place for Grief

Small Group Discussion Questions

1. There are experts, such as sociologist Dr. Brock Bastian, who believe that some of the emotional problems in Western society are due in part to the obsessive focus on happiness (Bastian uses the term “globalizing happiness”).
 - Do you agree with this statement? Why or why not?
 - Can you give examples of this around you?
 - Has this ever impacted your emotional health?
2. Have you ever seen this kind of focus in Christianity where it squeezes out any other emotions (e.g., loss, sadness, grief)? How so?
3. How could this kind of “always sunny” faith impact us negatively?
4. Read Psalm 13.
 - a. What is David’s problematic issue? What does he tell God? What do his words feel like?
 - b. Does this psalm make you feel at all uncomfortable? Why or why not?
 - c. What does this tell us about grieving as a believer? How might this help someone who is struggling or coping with a loss in life?
 - d. Why are some followers of Jesus hesitant to find a place of grieving or sorrow in the faith? What does this psalm help us see?
5. How can our gospel identity of a family member better tutor us into how followers of Jesus can actually have ‘good grief’?
 - a. How can small group be a place where people feel a freedom to speak about their life’s pain, loss, or sorrows?
 - b. What would it say to the world around us if spiritual seekers saw how Christianity was a faith where the sorrowful had a place?