

The True You - Part 6: Embracing Grieving and Loss

SMALL GROUP NOTES - Tom Shaw

Introduction

On Sunday Tom preached on principle five of the True You series, Embracing Grieving and Loss

Scripture

Genesis 6:6, Hebrews 5:7

Overview

In part 6 we saw that Embracing grieving and Loss is:

- 1) **Biblical** – David modelled it, Jesus demonstrated it, The beatitudes commend it, our culture fights against it and sees it as an interruption rather than being integral to our growth.
- 2) **Beneficial** - Greater capacity to wait on God/surrender to His will and break fearful self-will which wants to run the universe // Less covetous // Can live more contentedly with mystery // Marked with greater humility and brokenness // Kinder and more compassionate to the poor, the orphan and the widow // Liberated from needing to impress others // Fewer fears and more willing to take risks // Enjoy sacredness of life now...and sense the reality in a new way and that we are only aliens and strangers here
- 3) **About Building Habits** – stop and pay attention, Equip others Prize the Psalms, do a timeline

Questions

- 1) What struck you in the sermon?
- 2) Share a significant loss you have experienced 'recently' in your life and how it has impacted you. What are some of the subtle losses in your life that you may not have felt permission to grieve?
- 3) Our culture often implies that losses are 'alien invasions interrupting our normal lives'¹ and that affects us and leads to us suppressing or denying them. How did your family deal with losses and setbacks? How do you think that has affected how you deal with loss?
- 4) Can you see the benefits in your life and in others that have come about by embracing grieving and loss?
- 5) How can you develop habits that will help you embrace grieving and loss? Time to stop, Journaling or Psalms? (Perhaps try using Psalm 13 as a model)

Tags : Emotions, Grieving, Disappointing, Loss

¹ Pete Scazzero