

REAL Relationships – Part 7

“Dealing with Loss” by Pastor Rick – 3/21/21

Icebreaker: Other than your phone, what is one thing you would grab if you had to quickly leave your home?

Scriptures: Ecclesiastes 3, Job 1-3

Discuss:

1. What obstacles, difficulties, or successes did you experience in meeting with God this past week? How did you make progress in starting to set up a Rule of Life?
2. Pete Scazzero said, “Our churches are filled with ‘leaking’ Christians who have not treated their emotions as a discipleship issue.” How can your group grow in vulnerability and truly help one another through issues?
3. Job models brilliantly for us how we are to grieve when it comes to death in our relationships:
 - Pay attention to our anger and sadness. Lament.
 - Wait in the confusing in-between time.
 - Embrace the gifts of limits.
 - Enter into humility.
 - Allow for new possibilities.

Which of these five aspects tends to be easier for you? Which is more difficult? Why?

Application:

1. Revisit the Rules of Life we discussed last week, if you didn’t get to implement them.
2. Try writing your own lament. Look at Psalm 13 as a guide. Share your lament with someone you trust.
3. Take a look at the Ladder of Integrity (below) and consider using it to work through an area that’s bothering you. How do you think this tool might better enable you to listen to God’s voice?
4. Consider ways your group can be more supportive of one another as you grieve.

Prayer:

Enter, O my Light, and enlighten my darkness;
Enter, O my Life, and resurrect my deadness;
Enter, O my Physician, and heal my wounds;
Enter, O Divine Fire, and burn up the thorns of my sins;
Ignite my inward parts and my heart with the flame of Thy love;
Enter, O my King, and destroy in me the kingdom of sin;
Sit on the throne of my heart and reign in me alone,
O Thou, my King and Lord. – Dimitri of Rostov, seventeenth-century Russian bishop

Emotionally Healthy resource – the Ladder of Integrity

- This skill is used when something is bothering you, but you can't quite get a handle on what it is; when you are frustrated, angry, or hurt, it's a cue that something important to you may have been violated.
- Helps you get honest and clear about what is going on inside you.
- Helps you uncover and clarify your values so that you can assert yourself with someone else (as appropriate).
- This is not a conflict resolution tool. It is for getting clear within yourself so you can identify your values and then if appropriate, share them respectfully.

