A 32-Week Discussion Guide for Those Who Are Grieving

Denial • Anger • Bargaining • Depression • Acceptance
32 Weeks of Topics for Those Who Are Grieving
(to be used for Study Guide Questions and Podcasts)

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The Jesus Calling® Discussion Guide for Those Who Are Grieving

DENIAL • ANGER • BARGAINING • DEPRESSION • ACCEPTANCE

The following discussion guide questions are based on entries from the devotional Jesus Calling® and are designed to walk individuals dealing with loss through the five stages of grief. The selections are identified by date; however, the discussion sessions do not have to be done on a specific date—the references are simply used to help you locate the passages. Questions can be used for group discussion or personal reflection any time of the year.

SECTION 1: DENIAL

Discussion #1: CIRCUMVENTING DIFFICULTY

Please read the devotion (or listen if you have the Jesus Calling® audiobook) and related Scripture passages from Jesus Calling® dated August 18, and then answer/discuss these questions:

1. As you face the hurt and pain that accompany a loss, have you embraced the feelings or tried to avoid them?

2. Today’s reading encourages us to stop trying to find ways to circumvent our difficulties and to remember that Jesus “infused [His] very Life into you, empowering you to live on a supernatural plane by depending on [Him].” In what ways can you begin to acknowledge your inability to avoid or deliver yourself from hurt and pain and start depending on God to work through this on your behalf?

3. Instead of pushing through our pain alone, or even burying it deep inside ourselves, Psalm 91:1 reminds us what we gain when we “dwell in the shelter of the Most High.” Rest in the Almighty today, and thank Him for carrying you through this time.
Discussion #2: ONE STEP AT A TIME

Please read the devotion (or listen if you have the Jesus Calling® audiobook) and related Scripture passages from Jesus Calling® dated February 1, and then answer/discuss these questions:

1. As you deal with your particular hurt or loss, what are some ways you try to solve what you are facing on your own?

2. Today’s reading reminds us that the only thing God requires of us is to follow Him “one step at a time.” As we see huge mountains of pain looming before us, God knows where we are going and how to equip us for this journey. What are some ways you feel God is or will be equipping you during this time of difficulty?

3. As we are feeling the real pain of loss in our lives, it may be challenging to “walk by faith, not by sight.” Be encouraged by the words in Psalm 91:11 that say, “For He will command his angels concerning you to guard you in all your ways.” Pray for courage to trust where He is leading you during this season.
Discussion #3: STEADINESS THROUGH TURMOIL

Please read the devotion (or listen if you have the Jesus Calling® audiobook) and related Scripture passages from Jesus Calling® dated April 17, and then answer/discuss these questions:

1. Experiencing pain or loss may be a sudden occurrence in our lives. Even if we seemingly know what to expect, we can still be caught off guard when tragedy strikes. What are the ways you respond to unexpected events?

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2. Today’s reading encourages us that “awareness of [God] can continue in all circumstances, no matter what happens.” How might this knowledge steady you when turbulent times are at hand?

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3. We will all face bad news in this life, but Psalm 112:7 encourages us that we can face it without fear when our hearts are “steadfast, trusting in the LORD.”

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Discussion #4: **PERFECT LOVE FOR AN IMPERFECT LIFE**

*Please read the devotion (or listen if you have the Jesus Calling® audiobook) and related Scripture passages from Jesus Calling® dated January 26, and then answer/discuss these questions:*

1. Do you hunger for a resolution to all of life’s difficulties? When bad things happen, do you question God’s love for you? How do you deal with these feelings?

2. Today’s reading shares the sobering news that Jesus gave His disciples, “In this world you will have trouble.” How can we carry hope in order to navigate this life when we know that it won’t be trouble free?

3. Today’s Scripture passage from John 16:33 illustrates how we can find peace amidst a troubled existence by reminding us that God has “overcome the world.” What are some ways you can tap into God’s perfect, omnipotent love as you walk through an imperfect life?
Discussion #5: RELAX IN GOD’S HEALING

Please read the devotion (or listen if you have the Jesus Calling® audiobook) and related Scripture passages from Jesus Calling® dated June 2, and then answer/discuss these questions:

1. Many of us believe that if we just do “the right things,” life will turn out as we expect or want. Have you ever lost sight of Him in your life by staying so busy following the rules, you’ve been unable to rest in the simplicity of His presence?

2. We often find comfort in the rules that guide our lives. Rules alone aren’t wrong, but we cannot live by them solely. Today’s reading reminds us that when we seek to know God, we become more like Him. What are some ways you can let go and rest in His presence to find the ultimate comfort only He can provide?

3. Psalm 46:10—“Be still, and know that I am God”—reminds us that God wants to transform our minds so that we can receive His peace. Take a few moments today to slow down. Be still and see what happens as you wait for His healing to begin.
Discussion #6: RESIST THE DARKNESS

Please read the devotion (or listen if you have the Jesus Calling® audiobook) and related Scripture passages from Jesus Calling® dated July 1, and then answer/discuss these questions:

1. When a time of grief or darkness comes, do you try to distract yourself from times of quiet, or even time spent in contemplation with God? What are the ways you fill your time with distractions, and how might this impede you from working through your pain?

2. Today’s reading points out that in this world, we will find opposition to spending time with God, including our own inner critic stating we need to spend our time more productively. How do you think taking time to soak in God’s presence might bring you more energy and a better attitude to shoulder life’s burdens?

3. Imagine yourself like a child, resting on God’s shoulders through times of difficulty as promised in the words of Deuteronomy 33:12: “Let the beloved of the LORD rest secure in him, for he shields him all day long, and the one the LORD loves rests between his shoulders.”
Discussion #7: The Ultimate Reality

Please read the devotion (or listen if you have the Jesus Calling® audiobook) and related Scripture passages from Jesus Calling® dated July 18, and then answer/discuss these questions:

1. Does a time of tragedy or loss have you feeling very alone? How do you combat the feeling that no one could possibly know what you are going through?

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2. The Bible tells us in Hebrews 11:1, “Faith is confidence in what we hope for and assurance about what we do not see.” Having faith in what we cannot see might seem like an exercise in escaping reality, but it is essentially our ultimate reality. What are you hoping for today that you cannot see?

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3. There is comfort in today’s reading that reminds us God is “nearer than you think, richly present in all your moments. You are connected to [Him] by Love-bonds that nothing can sever.” Where are the places you might see God today? Ask Him to open your eyes to His presence, so that you might feel safe and secure, knowing you are never alone.

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SECTION 2: ANGER

Discussion #8: Unanswered Prayers

Please read the devotion (or listen if you have the Jesus Calling® audiobook) and related Scripture passages from Jesus Calling® dated January 6, and then answer/discuss these questions:

1. Do you ever feel like your prayers are going unanswered by God? How do you cope with this feeling and avoid feeling discouraged?

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2. Today’s reading reminds us that God is “able to do far beyond all that you ask or imagine,” and that “time is a trainer, teaching you to wait upon [Him], to trust [Him] in the dark.” Can you think of a time in your life when your specific prayers went unanswered but something else positive came out of the situation that you would have never thought to ask for?

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3. Waiting for answers about a difficult situation can be challenging. Today’s Scripture passage from Isaiah 40:31 encourages us, “Those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.” Can you lay your specific request aside today and concentrate on His promise to renew your strength in His timing?

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Discussion #9: **Light for the Darkened Mind**

*Please read the devotion (or listen if you have the Jesus Calling® audiobook) and related Scripture passages from Jesus Calling® dated April 6, and then answer/discuss these questions:*

1. **When you are going through a time of pain or loss, do you think it is possible to still be thankful?**
   How do you put aside your current trouble or anger about a situation and summon up gratefulness?

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2. **When David was facing a difficult time, he purposed to “sacrifice a thank offering to you, and call on the name of the LORD” (Psalm 116:17). For the moment, put aside the event that is causing you angst right now. Can you name a few simple things you are thankful for in your life? How does reflecting on these things make you feel?**

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3. **It is understandable for our minds to become darkened when we are focused on what we have lost. Today’s reading says that when we approach God with thanksgiving, “the Light of [His] Presence pours into you, transforming you through and through.” Take a moment each day to think of at least one thing you are thankful for, even in the midst of your grief, and see how this discipline works to fill your mind with light.**

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Discussion #10: TURNING FROM RESENTMENT TO TRUST

Please read the devotion (or listen if you have the Jesus Calling® audiobook) and related Scripture passages from Jesus Calling® dated April 12, and then answer/discuss these questions:

1. Perhaps you feel you have trusted God throughout your life, and now feel let down through a current period of hardship or loss. How is it possible to continue to trust God when we feel like our world has been shattered?

2. God knows us through and through, and stands beside us, even when we are angry and resentful. It’s tempting to rebel and accuse God of abandoning us when we are experiencing great pain. Today’s reading encourages us to “stay on the path of Life with [Him], enjoying [His] Presence.” How does it make you feel to know that He is here with you through this current season of difficulty? Imagine for a minute that the event causing you so much pain has a purpose and that God has brought you to a new place through it. What might that look like for you?

3. In the Bible, when David was experiencing trouble, he again made a willful effort to speak words of trust to God, even though he was very afraid. In Psalm 31:14–15, David says, “But I trust in you, LORD. I say, ‘You are my God.’ My times are in your hands.” In this moment, you may feel that God has failed you. Can you trust that your entire life, leading to this moment and beyond, is in His hands? Let Him know right now that you trust your hope will be restored and your resentment will be banished.
Discussion #11: Faltering Faith, Tenacious Trust

Please read the devotion (or listen if you have the Jesus Calling® audiobook) and related Scripture passages from Jesus Calling® dated September 9, and then answer/discuss these questions:

1. When we are in the midst of disappointment and loss, it’s tempting to go down a path of unbelief as we lose hope in all we thought we believed in. What are the paths you go down in your mind when you are trying to make sense of the pain you are experiencing? Will these paths lead you to hope and healing?

2. We cannot always feel hopeful, but when we pray words of trust, we show faith that we believe all is not lost. Today’s reading encourages us to “voice your trust in [God] frequently. This simple act of faith will keep you walking along straight paths with [Him].” When you are feeling defeated, will you simply say the words, “I trust You, God,” in order to get your trust-flow started again?

3. The Scripture tells us in Isaiah 26:4, “Trust in the LORD forever, for the LORD, the LORD is the Rock eternal.” God understands our fear, anger, and hurt. As you express these feelings to Him, remember to express your desire to trust Him through it all as well.
Discussion #12: You’re Not Being Punished

Please read the devotion (or listen if you have the Jesus Calling® audiobook) and related Scripture passages from Jesus Calling® dated August 15, and then answer/discuss these questions:

1. When unexpected adversity strikes, we may find ourselves distracted from our walk with God and feel that we are being “punished” by the events that have occurred. If you feel this way, why do you think you are being punished? Once you list these reasons, can you give them to God and trust that He has shown you mercy and that He has already forgiven you, thus eradicating the need for any punishment?

2. Today’s Scripture verses remind us that we aren’t alone in our desperation; even David, whom God declared as a “man after God’s own heart,” had burdens he needed to unload: “Evening, morning and noon I cry out in distress. And he hears my voice” (Psalm 55:17). How does it make you feel to know that even a man who had unparalleled closeness to God suffered but still found refuge in knowing that God heard His troubles?

3. The words from today’s reading encourage us to “make [God] your refuge by pouring out your heart to [Him], trusting [Him] at all times.” It hurts when we lose something or someone. When you feel like asking “Why me?” when thinking about these losses, pour out your feelings to God. He is listening. Then spend some time in silence, and see if you can find peace in releasing these hurts to God.
Discussion #13: THE PATH OF PEACE

Please read the devotion (or listen if you have the Jesus Calling® audiobook) and related Scripture passages from Jesus Calling® dated June 12, and then answer/discuss these questions:

1. It may seem like the pain from a recent tragedy or loss will never dissipate. How are you getting through each day? Are you muddling through it on your own, or are you tuning into God’s presence to help you along the way?

2. Making it through each day is a chore when sadness and anger are prevalent. Today’s reading encourages us that “there is a better way” to conquer each day and that we can lean on God as much as we need. Even though it may seem like you are barely getting by, how does it feel to know when you choose God’s help, you are on the path toward peace at the end of this particular journey?

3. Today’s Scripture passage reminds us that God’s love will “shine on those living in darkness and in the shadow of death, to guide our feet into the path of peace” (Luke 1:79). What does the “path of peace” look like for you as you lean on God to get you through this trial in your life?
SECTION 3: BARGAINING

Discussion #14: WHEN NOTHING MAKES SENSE

Please read the devotion (or listen if you have the Jesus Calling® audiobook) and related Scripture passages from Jesus Calling® dated August 7, and then answer/discuss these questions:

1. Does it ever feel like if you could just make sense of a tragedy or adversity in your life, you might feel better? Why do you think we try so hard to figure out why bad things happen?

2. Today’s reading reminds us that “understanding will never bring you peace.” God has instructed us to trust in Him, “not in your understanding.” Are you trying to understand your circumstances in your own limited capacity? Has this striving ultimately given you peace in the situation?

3. Trials will wear us down as we grasp for meaning in each difficulty. Even Solomon, considered to be the wisest man in the Bible, found peace to be elusive when he searched for it through his own humanity. Remember Paul’s prayer for the church in 2 Thessalonians 3:16: “May the Lord of peace himself give you peace at all times and in every way.” Pray for courage to let go of making sense of something that seems senseless and pursue God over the circuitous path to find the answer. His peace will become the resolution you need.
Discussion #15: Rehearsing Your Troubles

Please read the devotion (or listen if you have the Jesus Calling® audiobook) and related Scripture passages from Jesus Calling® dated January 16, and then answer/discuss these questions:

1. Do you find yourself replaying the painful and tragic moments of your life in order to “think your way through these trials”? Does this practice allow you to move forward or is it a detriment to working through these moments in your life?

2. God doesn’t expect us to continually carry the burden of these trials. Matthew 11:28–30 tells us, “Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” Think about why you have allowed yourself to keep reliving these moments in your head. Do you feel like you deserve to suffer in this way? Are there any good reasons to keep yourself in a state of unrest over this event?

3. Today’s reading reminds us that we are only meant to go through our troubles once; rehearsing them over and over multiplies our suffering. Ask God to help you release yourself from the bondage of these thoughts and help you live in the present moment with His grace and peace.
Discussion #16: SEEING GOD IN THE PRESENT

Please read the devotion (or listen if you have the Jesus Calling® audiobook) and related Scripture passages from Jesus Calling® dated February 3, and then answer/discuss these questions:

1. In a time that we consider to be dark and painful, it may be difficult to see God in the here and now. Do you ever find yourself bargaining with God about what you will do in the future in order to avoid the pain of the present?

2. Today’s reading assures us that we “face nothing alone—nothing!” God promises that He will get us safely through this day and all our days but that we can find Him only in the present. Can you think of some places where God is evident in your life today, even in the midst of your pain, and thank Him for what He’s giving you right now?

3. Today’s Scripture verses remind us that a loving God is present, even when we are experiencing acute misery: “What, then, shall we say in response to this? If God is for us, who can be against us?” (Romans 8:31). Respond to God in the present, no matter how difficult, and find strength in every small opportunity to be grateful daily.
Discussion #17: A Time for Everything

Please read the devotion (or listen if you have the Jesus Calling® audiobook) and related Scripture passages from Jesus Calling® dated March 29, and then answer/discuss these questions:

1. In times of crisis, do you feel the pressure to work things out quickly? Do you feel frustrated when something comes your way that you aren’t able to resolve in a timely fashion?

2. Today’s reading reminds us that in times of crisis, God can help us prioritize. If we release the matter into His hands, we can go about our day. “When [we] follow this practice, there will be a beautiful simplicity to [our lives]: a time for everything, and everything in its time.” What are some things you are trying to solve that you could release into God’s care?

3. When we try to solve everything at once, our lives become complicated and cluttered; focus on God puts things in perspective. Today’s Scripture passage supports this notion: “There is a time for everything, and a season for every activity under heaven” (Ecclesiastes 3:1). Allow yourself to shift your focus from all that needs to be done to focusing on spending time in God’s presence. See if your perspective toward your agenda changes in the light of this practice.
Discussion #18: YOU CAN’T PLAN IT AWAY

Please read the devotion (or listen if you have the Jesus Calling® audiobook) and related Scripture passages from Jesus Calling® dated April 24, and then answer/discuss these questions:

1. In the midst of a crisis, many of us find comfort in making plans. Does planning give us the feeling of control in times when we feel lost? How does excessive planning fit into a lifestyle of trust in God?

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2. Today’s reading points out that there is an active way of trusting God and a passive way to trust in Him. Passive trust means focusing on God as He builds the bonds of trust between Himself and us. As this trust grows, we actively participate in the process. Have you been able to practice passive trust that leads to a more informed active trust of God in your life?

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3. Because of fear, we may hesitate to take a more passive approach toward trusting God. His Word for today reminds us to “be still, and know that I am God.” In this season of your life, what fears manifest themselves in overplanning? What steps can you take to release these fears to God and trust Him to show you where action needs to be taken?

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Discussion #19: God Is in Control

Please read the devotion (or listen if you have the Jesus Calling® audiobook) and related Scripture passages from Jesus Calling® dated May 21, and then answer/discuss these questions:

1. Adverse events can make us anxious and prompt us to try to take control of a situation. What are some ways that you react out of a time of pain and grief in order to bring structure and control to your life?

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2. Today’s reading reminds us that when we are determined to make things go our way, we forget that God is in charge of our lives. What are you hoping to achieve by charging ahead with control? Are you able to release some of these things into God’s control, remembering that He is ultimately in charge of your life?

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3. Today’s Scripture passage exhorts believers to “humble yourselves, therefore, under God’s mighty hand, that he may lift you up in due time” (1 Peter 5:6). For a moment, consider that God is walking just behind you as you are blindly soldiering on through this time in your life, ready to walk you through the darkness. Pray for the courage to take His hand, and release control to Him so that He may ultimately lift you up in His time and for His purposes.

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SECTION 4: DEPRESSION

Discussion #20: The Pit of Pity

Please read the devotion (or listen if you have the Jesus Calling® audiobook) and related Scripture passages from Jesus Calling® dated July 16, and then answer/discuss these questions:

1. We all react differently to the traumas that life can bring. Many of us succumb to a feeling of despair—a hopeless spiral into a deep pit of darkness. Have you ever been in or are you in that place? What has led you down that path?

2. Today’s reading points out that if we slide into the bottomless pit of self-pity, believers are “well on your way to depression, and the darkness is profound.” Though the light can look dim where you are, hope can reach you at any level. What are the glimmers of hope you can see or have seen that help you climb out of the pit?

3. Today’s Scripture passage shares a promise we can count on when we are mired in self-pity: “He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand. He put a new song in my mouth, a hymn of praise to our God” (Psalm 40:2–3). Remind yourself that your despair is only temporary; lift your face up to God and allow Him to pull you out of the pit.
**Discussion #21: NEVER ALONE**

*Please read the devotion (or listen if you have the Jesus Calling® audiobook) and related Scripture passages from Jesus Calling® dated August 30, and then answer/discuss these questions:*

1. It can be very lonely when we are trying to muddle through a dark time in our lives. What are some times in your life when you have felt most alone?

2. Fear can prevent us from reaching out to God or others when we are at our lowest. Today’s reading reminds us that “no set of circumstances could ever isolate you from [God’s] loving Presence.” In your most alone times, were you able to sense that God was still with you?

3. Today’s Scripture passage reminds us that no matter where we are or how far we think we are from God, He never leaves us alone. “Where can I go from your Spirit? Where can I flee from your presence? If I go up to the heavens, you are there; if I make my bed in the depths, you are there. If I rise on the wings of the dawn, if I settle on the far side of the sea, even there your hand will guide me, your right hand will hold me fast” (Psalm 139:7–10). Say a prayer of thanks, though you may feel alone, God is always by your side.
Discussion #22: KEEP WALKING

Please read the devotion (or listen if you have the Jesus Calling® audiobook) and related Scripture passages from Jesus Calling® dated July 14, and then answer/discuss these questions:

1. When we are at our lowest points, sometimes it is hard to just “keep walking” as we face the challenges of each day. What are some basic steps you make each day in your journey through a low valley?

2. Today’s reading reminds us that the journey will not always be this difficult and that even though today our steps might be “plodding and heavy,” we can look forward to dancing “lightfooted on the high peaks” where God will lead us. Name some things you look forward to as you come out of this difficult season. Ask God to give you a vision of what your new scenery might look like.

3. It may feel like we are taking two steps forward and three steps back as we trudge through this murky time. The Bible assures us in Psalm 37:23–24, “If the LORD delights in a man’s way, he makes his steps firm; though he stumble, he will not fall, for the LORD upholds him with his hand.” Forgive yourself today for any stumbling you perceive that you’ve had, and remember that no matter how many steps you make today, God just asks you to keep walking with Him.
Discussion #23: Empty Hands, Open Hearts

Please read the devotion (or listen if you have the Jesus Calling® audiobook) and related Scripture passages from Jesus Calling® dated April 27, and then answer/discuss these questions:

1. Do you ever feel like you don’t have any more to give to those around you? How do you cope with this feeling?

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2. When our life’s path is difficult, we can know that God understands “the depth and breadth of your neediness.” Even if we’re drained of our resources, we’re reminded by today’s reading that God is looking for us to offer our “empty hands and an open heart, ready to receive abundant blessing.” What blessings do you need in your life today?

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3. Today’s Scripture passage tells us exactly what blessings God is ready to give us when we wait upon Him: “He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the LORD will renew their strength” (Isaiah 40:29–31). Call out to God today, even if your spirit feels empty; He is there to fill you with His peace and presence, which will refill and refresh your spirit over time.

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**Discussion #24: GOD WITH US**

*Please read the devotion (or listen if you have the Jesus Calling® audiobook) and related Scripture passages from Jesus Calling® dated May 29, and then answer/discuss these questions:*

1. When we are experiencing grief or loss, we may feel abandoned by God. Do you find yourself questioning where God is when you are experiencing deep pain? Where do you think He is during this season of your life?

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2. Today’s reading reminds us where God is when we are hurting: “I am Immanuel (which means God with you); My Presence enfolds you in radiant Love. Nothing, including the brightest blessings and the darkest trials, can separate you from Me.” Knowing this, what are some ways you might look for God’s presence in this time of darkness?

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3. The assurance that He is with us is as close as saying His name: Immanuel. God is so attuned to our needs, He gave us the literal presence of Himself through Jesus, and named Him thusly, so we would never forget. Colossians 2:6–7 reminds us, “So then, just as you received Christ Jesus as Lord, continue to live in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.” Today focus on the strengths that “God with you” brings to your life.

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Discussion #25: God Is Our Burden-Bearer

Please read the devotion (or listen if you have the Jesus Calling® audiobook) and related Scripture passages from Jesus Calling® dated January 3, and then answer/discuss these questions:

1. What are some burdens you are carrying right now? How are they affecting your ability to function on a day-to-day basis?

2. When we feel the weight of burdens impeding our progress, we can be comforted in knowing we don’t have to shoulder them alone. Today’s reading reminds us that God is “your burden-bearer. In the world you have trials and distress, but don’t let them get you down. [He has] conquered the world and deprived it of power to harm you.” When you recount your burdens listed in the previous question, can you envision which ones you might let God help you carry? How does it feel to know that He can lighten your load?

3. Psalm 31:19 reminds us what it’s like when we release to God what is weighing us down: “How abundant are the good things that you have stored up for those who fear you, that you bestow in the sight of all, on those who take refuge in you.” Think about the good things God has in store for you as He lifts your burdens from you one by one.
Discussion #26: The Golden Cord of Hope

Please read the devotion (or listen if you have the Jesus Calling® audiobook) and related Scripture passages from Jesus Calling® dated January 8, and then answer/discuss these questions:

1. You may be just seeing the glimmers of light on the edges of a very dark time and the promise of hope for something new. What are the dreams you have for what lies beyond this time? How has being in a low place changed what you desire for your life?

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2. Hope provides the beginnings of clarity and light despite our murky vision, as illustrated in today’s reading: “Cling to hope, and [God’s] rays of Light will reach you through the darkness.” What are some “rays of light” that have helped you find strength during a dark time?

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3. Today’s Scripture passage from Romans 12:12 reminds us to “be joyful in hope, patient in affliction, faithful in prayer.” Anticipate the joy that comes when hopes are realized and begin to mark the moments when you start to see the light of God’s presence at the end of this difficult road.

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SECTION 5: ACCEPTANCE

Discussion #27: LETTING GO—PART 1

Please read the devotion (or listen if you have the Jesus Calling® audiobook) and related Scripture passages from Jesus Calling® dated March 24, and then answer/discuss these questions:

1. What are the things that you believe complete you? Are clinging to any of those things in lieu of identifying your completeness in God’s terms?

2. It’s hard to let go of things we may think define us. Today’s reading guides us to “take time to bask in the Light of My Love. As you relax more and more, your grasping hand gradually opens up, releasing your prized possessions into my care.” Do you trust God to take care of the things you hold dear in life? What fears do you have in giving up control?

3. Take comfort in God’s promise to help us learn to let go as declared in Isaiah 41:13: “For I am the LORD, your God, who takes hold of your right hand and says to you, Do not fear; I will help you.” Ask God for the strength to conquer the fears you have in relinquishing control to Him.
Discussion #28: LETTING GO—PART 2

Please read the devotion (or listen if you have the Jesus Calling® audiobook) and related Scripture passages from Jesus Calling® dated August 23, and then answer/discuss these questions:

1. As you have come through the various stages of grief, truly letting go of what you’ve lost can be the hardest part of the process. When we cling to someone or something we’ve lost and don’t entrust it to God’s care, we are in danger of idolizing the person or thing in our minds. What are some ways you can let go, without forgetting your loss, in order to view it with a healthy perspective in your life?

2. We are gently reminded in today’s reading that when we decide to release those we love into God’s care, He promises, “My Presence will go with them wherever they go, and I will give them rest.” How does it make you feel to know that God is eternally nurturing those you love?

3. Take comfort as you begin this process and remember how God takes care of things: “Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us” (Ephesians 3:20). He has empowered us to make a choice. Will you choose to let Him do more than we could ever ask or imagine?
Discussion #29: Living in God’s Strength

Please read the devotion (or listen if you have the Jesus Calling® audiobook) and related Scripture passages from Jesus Calling® dated February 4, and then answer/discuss these questions:

1. Some days we feel stronger than others. As we measure our strong days or weak days, what are the defining moments of each of those times? Do you find when you are weaker, you draw closer to God, which might lead to times of strength?

2. In today’s reading, we are admonished to bring God our weakness to receive His peace. Instead of berating yourself for when you don’t seem to have much strength, can you look at your weakness as an opportunity to let God work in you? How might this change your attitude toward being weak?

3. Once again, the Bible reveals God’s promise to strengthen and nurture us in Psalm 29:11: “The LORD gives strength to his people; the LORD blesses his people with peace.” When you feel weak, look at the ways in which God will infuse you with His strength.
Discussion #30: The Gift of Healing

Please read the devotion (or listen if you have the Jesus Calling® audiobook) and related Scripture passages from Jesus Calling® dated August 20, and then answer/discuss these questions:

1. Which areas in your life are undergoing healing? Do you believe that God heals everything in our lives?

2. Today’s reading declares that God is a “God who heals.” However, it also tells us that in order to tap into this healing, we must seek it. According to this reading, what are some ways we can start the process of seeking and receiving healing from God?

3. The act of seeking healing is a gesture of obedience on our part, which is a discipline that God honors. We aren’t guaranteed healing for all our afflictions, but we are given a promise of hope in our despair: “But he said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness’” (2 Corinthians 12:9). As you have come through suffering, in what ways has God’s grace been sufficient for you as He begins the work of restoration in your life?
Discussion #31: THE HOPE OF HEAVEN

Please read the devotion (or listen if you have the Jesus Calling® audiobook) and related Scripture passages from Jesus Calling® dated April 14, and then answer/discuss these questions:

1. Do you accept that heaven is our ultimate destination? Why do you believe what you believe about heaven?

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2. Today’s reading supports the notion that heaven is certain and that this absolute gives you “Peace and Joy, to help you along your journey.” How does knowing the promise of heaven comfort you in life and as you deal with loss?

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3. Hebrews 6:19 tells us that the hope of heaven “is an anchor, firm and secure. It enters the inner sanctuary behind the curtain.” As you marvel that God Himself will welcome us into His sanctuary when our days on earth are over, which pieces of heaven in your day-to-day life give you glimpses of what God has in store for us there?

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Discussion #32: A NEW ADVENTURE

Please read the devotion (or listen if you have the Jesus Calling® audiobook) and related Scripture passages from Jesus Calling®, dated November 19, and then answer/discuss these questions:

1. As you embark on a new road as part of this journey through grief and loss, what have you learned during your time on the “cliffs” where the journey was most difficult?

2. Today’s reading encourages us in this new season: “Think of your life as an adventure, with Me as Your Guide and Companion. Live in the now, concentrating on staying in step with Me.” In considering where you have been, what does “living in the now” mean to you at this time? Do you feel like you are more in step with God’s timing in your healing and restoration?

3. While your life continues to be restored from the trauma you have endured, this verse from Exodus 15:13 reminds us of how we can work together with God during this process of restoration: “In your unfailing love you will lead the people you have redeemed. In your strength, you will guide them to your holy dwelling.” As you begin this adventure, reflect on your journey thus far. How has God led you in His steadfast love to this new place in your life?
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