Emotionally Healthy Spirituality
Chapter 5: Questions Taken from the Workbook

1. What stood out to you most from this chapter's teaching on enlarging your soul through grief and loss?

2. As you were growing up, how did you deal with your disappointments? Give one example.

3. On pages 118-120, Scazzero goes through Job's story as an example of dealing with grief and loss. He then asks the following questions on the bottom of page 120, how would you answer it?
    i. How might you have responded to such cataclysmic loss?

    ii. How might you have grieved if you were Job?

4. On pages 124-125, Scazzero lists common defenses we often use to protect ourselves from grief and loss. Which of these, if any, are commonly used by you?

5. Scazzero mentions different phases of biblical grieving (pages 125-135). How did these phases challenge you? Do you feel as if you're in any of these currently? Or would you like to share about your experience in any of these phases?

6. On pages 130-132, Scazzero gives a list of limits we often face in life and challenges us grieve and embrace our limits. Which limits are the toughest for you to embrace? How can you GraceGroup help and encourage you as you face these limits in your life?