

Christ-Centered Grieving

Introduction:

Session 1: Exposing the Myths.

Myth #1: Grief is _____.

Reality: Grief is _____ and _____.

Myth #2: Grief should be _____ for a person of faith.

Reality: Loss _____.

Myth #3: There is a _____ way to _____.

Reality: There are _____ and _____ ways to grieve.

Myth #4: Grief has predictable _____.

Reality: There are no _____. There are only _____.

Myth #5: Grief should be _____.

Reality: Grief is an _____.

Myth #6: Grief should be _____.

Reality: Grief will be _____, one way or another.

Myth #7: Grief is an _____.

Reality: Grief is a _____ to be moved through.

Myth #8: Grief should be _____.

Reality: Grief is designed to be _____ because we're created for _____.

Myth #9: All churches and Christian groups are _____ for hurting, grieving people.

Reality: Every church and group have _____ of people when it comes to grief and suffering.

The 5 people you will meet in grief:

Myth #10: _____ heals all grief and all wounds.

Reality: Grief and healing take _____.

Session Two: Embracing the Truth

Truth #1: Loss and grief give us the gift of _____.

Truth #2: Christ-followers grieve heavily because they _____.

Truth #3: Faith-filled, Christ-centered grieving is a _____.

Truth #4: Healing happens as we _____.

Truth #5: Healing happens in the context of _____.

Truth #6: Healing is _____.

Truth #7: Christ-focused grieving yields _____ and
_____ over time.

Truth #8: Christ shares our _____.

Truth #9: Christ heals _____ over _____.

Truth #10: Feelings are _____, but they are not necessarily
_____.

The Life Train:

The Biblical Life Train:

Session Three: Living with Christ as our Life

Key #1: Knowing who we _____.

Key #2: Knowing who we _____.

Key #3: Knowing why we _____.

Key #4: Knowing our personal _____.

Key #5: Knowing Christ has already _____.

Key #6: Learning to _____.

Key #7: Learning to _____.

Key #8: Learning to _____.

Key #9: Learning to live with _____.

Key #10: Learning to be _____.

Helpful Scriptures:

Matthew 5:13-14
John 1:12; 15:1, 5, 15-16; 16:33
Acts 1:8
Romans 8:14-15, 17; 15:18
1 Corinthians 1:2; 3:16; 6:17, 19, 12:27
2 Corinthians 5:17-19, 21
Galatians 3:26, 28; 4:6-7; 5:1, 15-16
Ephesians 1:1; 2:6, 10, 19; 3:1; 4:1, 24; 6:11-14
Philippians 1:1, 21; 3:20; 4:8
Colossians 1:2; 3:3-4, 12
1 Thessalonians 1:4; 5:5
Hebrews 3:1, 14
1 Peter 2:5, 9-11; 5:8
1 John 3:1-2; 5:18, 20

Gary Roe, M.A., Th.M., GC-C
Resident author, speaker, grief specialist
Hospice Brazos Valley, Bryan, Texas
contact@garyroe.com
groee@hospicebrazosvalley.org
www.garyroe.com
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