



Grieving with Hope

RELATE

What did you find most helpful from Rob's sermon on mourning our losses?

What was your first experience of loss as a child? How did that experience affect you?

When you are grieving a loss, do you seek others' company and support, or prefer to be alone?

READ & REFLECT

John 11:1-44 **Psalm 30**

How would you describe Jesus' relationship with this family? What is going on with Jesus' decision at first to delay going to heal Lazarus when he's sick, then deciding to go after he has died?

How do his sisters respond to Jesus' delay? In what ways is Jesus a good friend to Mary and Martha? Have you ever had a friend let you down when you needed them most, in a time of grief and loss? Have you ever felt disappointed with God's seeming absence when you needed him most? How did you respond to that? What did you eventually learn about God and what he was teaching you?

What have you learned about God's timing and your timing for healing? Why does it take so long to go through the stages of grief sometimes, but at other times it can be very different?

What stages of grief do you see expressed in the story of Lazarus?

What have you learned about grief from walking alongside grieving friends and family members? What are some "dos" and "don'ts"?

What does grieving that is faithful and trusts in God look like? Does it mean we don't feel sad or angry? Why not?

How is it possible that going through a great loss stretches our faith? Do you know anyone who has struggled through loss and not handled it well?

RESPOND

Next Step If you have losses to work through, take an inventory this week. Itemize what you've lost, and what you still have. If you know someone who is working through their grief, ask them to tell what they are currently experiencing in their grief. Just listen.

Reflect Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise Him, my Savior and my God. Psalm 42:5