

Note Sheet

“Allowing Space for Grief”

Lamentations 1:1-6

10/26/25

1. _____ is our response to a deep loss, affliction, or trauma.
2. Kubler-Ross model, Five Stages of Grief:
 1. _____
 2. _____
 3. _____
 4. _____
 5. _____
3. Grief can make us _____.
4. The greatest gift that we can provide is allow people the _____ to grieve.
5. One of the greatest lessons that Lamentations teaches us that is grief can bring _____.
6. We can also serve as _____ for those who grieve.
7. God is _____ in our grief.

Scripture reading for further reflection: Lamentations as a whole, especially 3:21-24.