

The Struggle is Real/The Struggle with Grief

Main Idea: There is no single way that people die and there is no single way that people should grieve.

Connecting

What are some things you like to ignore?

What was your first experience with death and grieving? (a pet, grandparent, aunt, uncle etc.)

Understanding

Read 1 Thess. 4:13-18. How do these verses speak to the hope we have as Christ-followers?

What are some things we can do to provide emotional care to a person who is grieving?

Read Mt. 5:4. How does knowing Christ influence the way we experience grief?

Read Rom. 12:15 and Ps. 34:18. How is the Lord close to the brokenhearted? What role does Christian community play in the grieving process? Do you have any personal experiences?

Living

If you have experienced the death of a loved one, what were things people said or did that were helpful to you in your grieving process?

As believers, how do we grieve differently than those without Christ?

What's a scripture verse you'd like read at your funeral? What's a song or hymn you'd like sung?

Next Week: