

SESSION 4

Enlarging Your Soul through Grief and Loss

**Introduction**

As you were growing up, how did you deal with your disappointment? Give one example

**Video**

**Group discussion**

**The following is a list of common defences we often use to protect ourselves from grief and loss. Tick the common defenses that you sometimes use:**

* **Denial**
* **Minimising (admitting something is wrong but in such a way that it appears less serious than it actually is)**
* **Blaming others (or God)**
* **"Over-spiritualising"**
* **Blaming oneself**
* **Rationalising (offering excuses and justifications)**
* **Intellectualising (giving analysis and theories to avoid personal awareness or difficult feelings)**
* **Distracting**
* **Becoming hostile**
* **Medicating (with unhealthy addiction is or attachments to numb our pain)**

**Bible study: Matthew 26:36-44**

1. **What do you make of Jesus bringing his disciples with him?**
2. **How does this make us feel seeing Jesus behaving in this way?**   
     
   **Does it challenge any particular preconceived ideas of how a Christian should behave?**
3. **Why is this a significant point in Jesus' ministry?**
4. **How does Jesus’ behaviour differ from the checklist above.**   
   **What are some of the ways he is behaving in this situation?**
5. **What about Jesus is example of grieving most speaks to you about embracing your own grief and loss?**

**Application**

1. **Using the chart that follows, choose two or three age ranges of your life, and write down your significant losses during those years.**

|  |  |  |
| --- | --- | --- |
| **Age (in years)** | **Losses/disappointments Experienced** | **Your response at the time** |
| **3-12** |  |  |
| **13-18** |  |  |
| **19-25** |  |  |
| **36-40** |  |  |
| **41+** |  |  |

1. **Does filling out this chart reveal anything new to you?**
2. **Through the cross we believe that ultimately suffering and death are swallowed up in victory. (1 Corinthians. 15:54) Where might God want to bring new life out of losses you have experienced?**

**Throughout the Course:  
  
Daily Office**

Adapt your own quiet time to follow this formula

* Silence and Stillness before God (2 minutes)
* Scripture reading
* Devotional (optional)
* Set prayer/hymn
* Prayer
* Conclude with Silence (2 minutes)