

SMALL GROUP STUDY GUIDE



PRINCE
OF PEACE
Called to Connect



Grief

June 17 & 18, 2023

Grief is a normal and natural response to loss. It describes our emotions when we lose someone or something important to us. The most helpful thing we can do to move through grief is to breathe through it. Join us as we explore breathing through grief together.

SCRIPTURE TEXT: JOHN 11:28-35

Read the scripture text together as a group.

BACKGROUND INFO

“Jesus wept” is a phrase most well known for being the shortest verse in the bible. John 11:35, Jesus wept. Jesus wept because of the stunning news that his dearest friend, Lazarus, the brother of Mary and Martha, had died. Jesus wept. Grief sucked the wind right out of him. Grief washed over him like a wave of the ocean. Jesus wept. Jesus just sat with the loss, held the sadness, and felt the grief. And Jesus wept.

DISCUSSION QUESTIONS

- **Grief is a normal and natural response to loss.** Share about a time that you grieved a loss. What emotions were involved?
- On a scale of 1-10, how likely are you to try to hide your feelings during times of grief? Why do you think so many people rate high on this scale?
- What are some unhelpful things you have heard people say to someone in the midst of grief? What are some helpful things to say/do instead?
- **Grief has so much to teach us if we're willing to learn.** Have you ever learned something through grief? Share about that.
- **Grief poses far more questions than we have answers for; especially, “Where is God in all of this?”** Read Romans 8:26-31, Psalm 23:4, and Psalm 34:18. How do these verses bring clarity to that question? How has God met you in your grief?
- What other Bible verses bring you comfort in times of grief?

CHALLENGE: Pay attention to the movement of grief because it’s always taking us somewhere. And our starting point is always in the resurrected Christ. Our starting point is the good news that death never has the final word. And when you’re dealing with grief, remember that God grieves with you.