



SERMON SERIES  
EMOTIONALLY HEALTHY SPIRITUALITY

STUDY GUIDE | AUGUST 30, 2020

## ENLARGING YOUR SOUL THROUGH GRIEF AND LOSS

### THE POINTS FROM THIS MESSAGE WERE:

**Loss is a major discipleship issue. 3 Stages of grieving:**

- Pay attention
- Live in the in-between
- Let the old birth the new

### LET'S TALK

1. What impacted you the most from this week's message?
2. What's a loss you're feeling right now?
3. Gerald Sittser says, "The experience of loss does not have to be the defining moment in our lives. Instead the defining moment can be our response to the loss. It is not what happens to us that matters so much as what happens in us... It is therefore not true that we become less through loss—unless we allow the loss to make us less... Loss can also make us more... It depends on the choices we make."

What stands out the most for you from this quote?

4. People often deal with their loss by denying or minimizing their pain. Job pays attention to what's going on inside him and tells God what he's feeling.

What do you think that did for him? What do you think that did for his relationship with God?

5. In the Bible, waiting on God isn't about doing nothing. It's about drawing close to him and leaning into him so that He can renew your strength. What's the hardest part about waiting on God for you? What would that look like for you in this season?
6. Which of the three stages of grieving do you relate with most right now? What is one thing you can do this week to grieve your loss in a healthy way?

### LET'S PRAY

Spend some time in prayer (for each other, for our community and for the world).

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