

SESSION 3

Grief and Loss

"Answer me when I call, Oh God" Psalm 4:1



NOTES:

Understanding the Five Stages of Grief:

1. _____
2. _____
3. _____
4. _____
5. _____

RESPONDING TO GRIEVING FAMILIES

Attitudes to Convey Care:

1. Be _____.
2. Be _____.
3. Be _____.
4. Be _____.
5. Be an empathetic _____.
6. Be affirming.
7. Be patient.

Thoughts and Reflections:

- What part of the video impacted you the most? Why?
- What attitudes in care can you identify with most? Why?

GROUP DISCUSSION

As you think about grief and loss, how have you witnessed the stages of grief, in yourself or others? How did you handle it?

What is the most difficult part for you when dealing with death? How do we overcome that?

Biblical References: Psalm 4:1 | Psalm 139:16 | Matthew 5:4 | Philippians 1:21

- Which verse can you identify with the most? Why?
- What is God's Spirit prompting you to do?
- What will you do this week to practice what you have learned?
- Write an "I will statement" and share it with the person next to you.

This week, I will:

HELPFUL HINTS

Hurting People Hurt People

Many people, when they are dying, feel untouchable. Ask to hold a hand.

A joy shared seems to double it, while a sorrow shared seems to halve it.

Grief is hard work and should not be done alone.



Scan to watch the session video!
Feel free to share with others and revisit anytime for a review.