

Seasons of the Soul



Week 5: Enlarging your Soul Through Grief and Loss

Pray and Discuss:

1. As you begin – pray that God would open your eyes, ears, and hearts to face what he has for you. Even the things that are painful and sad. Give thanks that God is with us in the midst of every season of our lives, even those that we'd rather not endure.
2. In his book *Emotionally Healthy Spirituality*, Peter Scazzero writes: "The true spiritual life is not an escape from reality but an absolute commitment to it." What ways in your life do you try to hide from reality? How does that impact your spiritual walk?
3. Often we attempt to protect ourselves from pain through: denial, minimizing, blaming others, blaming ourselves, rationalizing it, intellectualizing it, distracting ourselves, or becoming hostile. Which of these responses do you struggle with? How might you transform that response into a more Christ-like way of responding to pain?

4. Psalm 47:3 says: *"He heals the brokenhearted and binds up their wounds."* Do you have a story in your life in which God did that for you? Share, if you feel comfortable.
5. Read Luke 4:16-19. From Jesus' own words, what does his coming mean for us in the midst of our pain and suffering?
6. As you close, pray that God would be near each of you in the midst of a season of grief and loss. Whether you are in such a season now, or have passed through it – give God thanks for his never-ending presence with us, and ask that his presence be strong with those who are currently suffering this season.