

The One Thing | Week #03

The One Thing about Grief and Loss | September 17th and 20th

What IS our Issue with Grief?

We run from _____; because it's about _____ and having to experience _____.

If you choose to be present with yourself in grief, you're in what Dr. Brené Brown calls _____.

We don't tolerate grief in other people, because we haven't done our _____ around grief.

What IS Grief?

_____ is felt when something we knew, loved, counted on and believed in is gone. There's a hole and we don't know what to do with it.

_____ : Grief produces a yearning for something we can't put our finger on; and the longing can come out of anywhere at any time.

_____ includes feeling physically, emotionally or spiritually lost. You have to reorient yourself to a new environment or identity.

Job's Rumble with Grief (Job 29-40)

Job loses confidence in a _____ in which _____ leads to _____. He is overwhelmed with _____ for the good old days that are over and must be _____. (29:2-5)

Unbridled _____ are appropriate and must be _____ before God; it cannot be _____. (30:16-20)

Job still _____ that a _____ should yield good outcomes; He holds his consistent _____ alongside the brutal circumstances of _____. (31:2-4)

The next movement in Job's experience is a _____ God speaks, and it's not what we expect.

God's speech invites Job back to the _____ who does not conform to our _____ of explanation and meaning. (40:3-7)

Like the most wise and powerful _____, Job is made so that he can respond to loss with _____. (40:15-16)

The One Thing about Grief:

PAYING ATTENTION to YOUR emotions *and* GOD's wonder restores your soul as you rumble with grief.

Everyday Soul Care for Rumbling with Grief

_____ to your inner life and the three foundational elements of grief: Loss, longing and feeling lost.

_____ to the movement of God in the events of your life.

How does this bring hope and peace, transforming me and my community?

Psalm 40:1-4

I waited patiently for the Lord;

he turned to me and heard my cry.

² *He lifted me out of the slimy pit,*

out of the mud and mire;

he set my feet on a rock

and gave me a firm place to stand.

³ *He put a new song in my mouth,*

a hymn of praise to our God.

Many will see and fear the Lord

and put their trust in him.

What is God inviting me into today?

1. I will pay attention to my inner life: When I have a feeling of LOSS, LONGING or FEELING LOST, I will pause and honor that feeling by talking about it or meditating on it.
2. I will pay attention to the movement of God in the events of my life: When I have a moment of joy or wonder, I will pause and thank God.
3. I will read and meditate on Psalm 40:1-4.
4. I will share my HOPE by lamenting in community for racial justice. Add me to the mailing list for the *Lament and Hope* prayer journey this fall.