

## The One Thing | Week #03

The One Thing about Grief and Loss | September 17<sup>th</sup> and 20<sup>th</sup>

### 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.*

<sup>2</sup> *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.*

<sup>3</sup> *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.