

Sunday Sermon — Discussion Guide: Roger Nix, 4-5-20

Good Grief: Struggling Well Through Loss & Disappointment

1/3 — Looking Back

Start with prayer and/or worship (reading a Psalm, singing a song, giving thanks, etc.). Re-cast the vision (see example video [here](#)), review obedience goals from the previous week, and ask how everybody is doing. Check-in question options:

- Up/In/Out — How are you doing in your three primary relational spheres? (Up: *God*. In: *fellow believers and family*. Out: *unbelievers*)
- Highs/Lows: What was your “high” and your “low” from the past week?

2/3 — Looking to Jesus in the Present

Explore the Scripture passage together: John 11:1-43

- As the facilitator, first summarize the passage in your own words.
- Invite someone else to read the passage out loud.
- Invite a third person to “re-tell” the passage in their own words.
- Discuss the question: “*what do we learn from this passage about who God is and what He does?*”
- Discuss the question: “*what do we learn from this passage about who we are and what we do?*”
- Alternative question: “*Why do you think Jesus’ wept over Lazarus’ death, even though he knew that he was about to resurrect him?*”
- Alternative question: “*What do you think it means to allow our grief and loss to be agents of transformation in our lives?*”

3/3 — Looking Forward

Ask Jesus how he wants you to respond (corporately and individually) to what you have heard and learned. You can also practice one or both of the following exercises together:

- Practice walking through the first two of “the four steps” discussed in the video from the previous Sunday’s sermon together (*notice* what’s going on inside of you, and *name* it), paying special attention to feelings of grief, loss or disappointment. Take time to sit quietly with these feelings, without judging or stuffing them. Alternatively, you can pray through The Welcoming Prayer together.
- Pray through one of the Psalms of lament out loud together (Psalms 13 and 42 are good choices). Read through it 2-3 times, slowly, meditatively, and then take turns expressing the thoughts and feelings that come up in your hearts through personal words of lament, petition, or praise to God.