

4: Embrace grief & Loss

"if anyone is in Christ, the new creation has come: The old has gone, the new is here! (2 Cor 5:17)

Loss is a normal part of life that today's culture tries to avoid, dull, and attempt to brush off as quickly as possible. Embracing grief and loss is the way to maturity. It is how we become a more compassionate person like Jesus.

In scripture the God-like response is for us to deal honestly and prayerfully with our losses and disappointments.

-Peter Scazzero

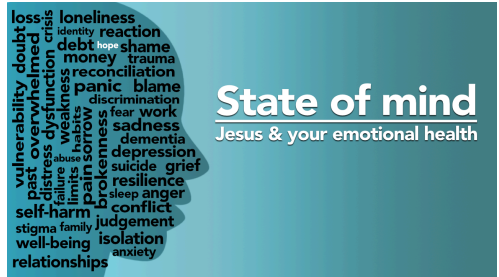
Three phases in learning how to grieve are...

1. Paying attention to the pain of loss

How have you dealt with the pain of grief & loss? How was this healthy or unhealthy?

In the presence of God, stop and pay attention to your losses. Give yourself permission to feel.

2. Living in the confusing in-between



Most of the psalms are written from a place of disorientation;

- moments of feeling overwhelmed,
- times of grief and pain and loss,
- experiences of the rawness and precariousness of life

Rather than cover up or deny the loss you feel, what would it look like to express this pain before God.

3. Allowing the old to birth the new

God transforms evils into good without diminishing the awfulness of the evil. Jesus promised that "blessed are those who mourn, for they will be comforted." (Matt 5:4).

What steps can you take to allow the grief and loss become something that Jesus can use to transform you and bring hope to your life and the life of others?