

## **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.