

YOU'VE HEARD IT SAID



LifeGroups



Key things you heard

- We heard stories from several people about their experience with grief, then we talked with a therapist about it. Here are some highlights:
- Grief isn't just death or the loss of a loved one. It's any kind of loss.
- Signs of grief can include sadness, numbness, worry, irritability, anger, fear of future loss, etc.
- There's no one way to go through grief. We all process it differently.
- The best thing you can do for someone grieving is be *with* them. There are no magic words to offer.

Pray: *God, thank You for being close to the brokenhearted and for working all things together for good. Help me cast my cares and burdens onto You, knowing that You care for me, and show me how to extend Your love and support to others who are grieving. In Jesus' name, amen.*



Tweetable Moments



One of the best things you can do for someone grieving is simply to be with them.



You can experience joy and grief at the same time.



Say What? Questions for conversation

Icebreaker: What are some holiday traditions your family has?

- How did this episode influence your perspective on grief?
- Many of us have experienced some form of grief in 2020—loss of normalcy, loss of gatherings, etc. Is there anything you're currently grieving? How can you process that grief in a healthy way?
- Read **Romans 12:15**. How can you support others who are grieving?
- Share about a time when a friend supported you during a tough time. What did they do to help you through?
- What is one thing you'll do to process your own grief or help someone process theirs?



Now Go Do It Resources and next steps

Challenge: Identify any areas you might be grieving. Then, do something to process it in a healthy way. Or, reach out to someone else who is grieving and make time to be with them.

- If you're not yet in a LifeGroup, find or start one here: www.life.church/lifegroups
- Start the *You've Heard It Said* Season 3 Bible Plan: www.go2.lc/meaningful
- Learn more about grief: www.finds.life.church/tag/loss
- Watch Pastor Craig's *Emotions* series: www.life.church/emotions