

Enlarge Your Soul Through Grief & Loss
Emotionally Healthy Spirituality
January 31, 2021

Notes

Eight Unhealthy Coping Mechanisms

1. Denial (selective forgetting).
2. Minimizing.
3. Blaming others.
4. Blaming yourself.
5. Rationalizing.
6. Intellectualizing.
7. Distracting.
8. Becoming hostile.

Five Phases of Biblical Grieving

1. Pay attention.
2. Wait in the confusing in-between.
3. Embrace the gift of limits.
4. Embrace humility.
5. Let the old birth the new... in His time.

**Questions for Personal Reflection
and Group Discussion**

1. Read Job 3:1-5 and 6:1-4, Psalm 6:1-10 and 38:1-22.

List all of the words or phrases you find that relate to Job and David's loss, brokenness, struggle, and emotions.

How do you typically deal with difficulty or grief and the emotions that come with them? Refer to the list of coping mechanisms on the opposite page. Which of those pain management strategies have you used?

Have you ever talked to God the way that Job and David did? Why or why not?

What area of pain or difficulty in your life do you need to pay attention to right now? What will you do to work through it?

2. Read Psalm 37:7.

How do you feel about waiting?

Is there something in your life that you are struggling to wait on God for? What could waiting well look like for you?

3. Read Deuteronomy 29:29 and John 3:26-31.

What do you learn about limits from these verses?

How can limits be a gift for you?

What limitations have you struggled against? How might you learn to accept and even be thankful for the gift of limits?

4. Read Job 42:1-9.

How does this passage reveal Job's deepened humility? How did Job's perspective change through his experiences of loss and grief?

In what way do you need to humble yourself before God? What might God be trying to say to you through whatever current struggle or challenge you are facing?

5. Read Job 42:10-16 and Isaiah 43:19.

What stands out to you in these verses?

What loss do you need to release in order to receive the new thing that God wants to do in you or through you?