



## Introduction

When we experience loss, we often don't know how to respond. The way we respond, however, determines what we experience. Not just in the present, but for the rest of our lives. You may not be able to choose what you lose, but you can choose how you respond. Thankfully, Jesus shows us the importance of processing our loss and grieving well.

## Discussion Questions

1. We all have stories of loss from our past that have shaped us as adults. What loss have you experienced that shaped you for better or worse?
2. Have you ever found yourself making an "internal vow" to protect yourself from further loss or pain?
3. Read John 11:35. (It's the shortest verse in the Bible.) Jesus modeled for us the importance of taking time to grieve. Despite having the ability to raise Lazarus immediately, he took time to weep and process the loss of his friend. What is the difference between healthy and unhealthy grieving?
4. Two common ways of processing loss are to minimize it or medicate. Which of these do you tend to lean toward?
5. What is one loss that you need to take time to grieve?

## Moving Forward

We have two choices for processing loss. We can either grieve it now or allow it to make us grieve later. Processing loss is not easy, but you can take three helpful steps as you do. First, write down your loss(es). Second, share it with a person or group of people you trust. Third, allow yourself to feel sadness from your loss without medicating or minimizing it. Hopefully, as we follow Jesus's example, our losses will be able to rest in peace.

## Changing Your Mind

*Jesus wept.*

– John 11:35