



## Introduction

When we experience a loss, we are tempted to minimize it and push aside our grief without dealing with the pain. Those around us deal with the same temptation. They may minimize their losses, and we're tempted to support them in doing that. There is a better way, and God wants to use you to help others.

## Discussion Questions

1. We have all minimized losses in our life at some time. As you look back, what losses have you minimized that should have been addressed?
2. Have you ever been guilty of minimizing someone else's losses? What could you have done differently to be more empathetic?
3. Read 2 Corinthians 1:3–4. The passage reminds us that God comforts us in *all* our troubles. Does God weigh them on a scale? Is the loss of a loved one heavier than the trouble of a canceled dance recital? How can you support others in *all* their troubles regardless of the magnitude?
4. We can often help comfort others because we've received comfort ourselves. The comfort you've received in the past can help others grieve their present losses. What actions can you take to support someone who is currently experiencing a loss?

## Moving Forward

You don't want any loss that's not grieved to haunt your future. Resist the temptation to minimize what matters to you. If it's important to you, then it's important to God. Whether you're experiencing a current loss or trying to support someone who is, fight the temptation to minimize or discount the loss. You have the opportunity to help those around you recognize that their losses are meaningful. They matter to God and you.

## Changing Your Mind

*Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.*

– 2 Corinthians 1:3–4