



# JESUS AND MENTAL HEALTH

## Grief

### Introduction

The people of the Bible weren't heroes to emulate but broken people who trusted God to save them. The greatest Christians in history were not those that God delivered from all pain and misery but those he delivered through pain and misery. Faith starts with honesty before God. But it doesn't stop there.

### Pray

Don't forget that if anything significant happens, it's because God moved. Start by asking God to bless this time.

### Practice Truth

1. When was the last funeral you attended? Did you know what to say to those grieving?
2. We often think of "grieving" in the context of death. In reality we grieve over named and unnamed losses everyday, large and small. What are some losses you're grieving?
3. What were some of the emotions on display by Martha, Mary, and Jesus? What does that teach us about grief?
4. Dirk shared that grief isn't meant to be solved but rather navigated. What's the difference? How might that difference be important to those experiencing profound grief?
5. Brene Brown said, "You can't selectively numb your grief." You can only numb everything. Why is that dangerous?

### Do Life Together

Our takeaway for navigating grief is to: Do Life Together, Embrace Grief, and Invite Hope. Take a moment to explain how you understand each one. Then share which comes easiest and which is the most difficult for you. Make a plan to prioritize the most difficult step of navigating grief.