



# VALLEY REAL LIFE

## Good Grief – The Purpose of Grief

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### **Last Week**

Any interesting conversations take place at home (that you can share) after the series on parenting?

### **Opener**

Do you remember a time when you witnessed someone else grieving and didn't quite understand it?

### **Questions**

Why do you think we try and avoid grief, even though we know it's good for us to grieve? What's your classic "go to" in trying to avoid grief?

Have you ever found yourself grieving something or someone, and not sure why? Did you learn something about yourself from this?

What do we learn about God that he allows us to lament? Why is this a more healing practice for us as Christians? What does lamenting mean to you in your own words?

Have you ever lamented for yourself? Can you share?

### **Apply SOAP (Scripture, Observation, Application, Prayer) to:**

Matthew 5:4 (NIV)

Blessed are those who mourn, for they will be comforted.

- *Read the verses out loud together*
- *Share your observations*
- *Discuss Application*
- *Close in Prayer*

### **Next Steps:**

Is there something that you haven't allowed yourself to grieve that you will now allow yourself to?