



# VALLEY REAL LIFE

## Good Grief – Part 2

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### **Last Week**

Any memories come up after last week's lesson on grief?

### **Opener**

Do you recall a time when you grieved over something and all you could think about was "Why"? Was there a positive outcome afterwards?

### **Questions**

What emotions do you typically associate with grief? Is there one emotion that is more difficult for you to experience?

Have you ever had a loss so great that the experience taught you something so meaningful?

Is it difficult for you to come aside someone while they go through a painful loss? If yes, why do you think that is? Why do you think it's important for us to walk with others during these tough times?

In your experience, what has been the toughest stage of grief (denial, anger, bargaining, or depression) for you to endure?

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

Psalm 34:18 (NIV)

The LORD is close to the brokenhearted and saves those who are crushed in spirit.

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

### **Next Steps:**

Is there a stage of grief that you've found yourself stuck in that you can now recognize and move on from towards acceptance?