



HOW TO DEAL WITH LOSS & GRIEF (ARCHIVE 09/23/2019)

In this episode, Nathan and Lacey discuss how to process the loss of a loved one, a dream, a job, or maybe you just feel disappointed at how life is turning out. They will give you practical steps to living free of the pain that can often hold us back.

INTRODUCTION (00:09)

Processing a loss, unless resulting from one's own choices, is an issue of trusting God and releasing the effects of that loss to Him. However, we may be lacking peace, hope, or freedom in our minds because we were never taught how to grieve in the healthy way.

1. *How was grief taught or demonstrated to you in your early growing up years?*
2. *How is this similar or dissimilar to what you believe about grief now?*

LOSS IMPACTS OUR ENTIRE BEING (02:02)

Grief is normal. It has a wholistic effect on our entire life. It is something we must intentionally work through to move past. While we may forget various details of painful circumstances, it is not something that will naturally fade as time goes on. To truly have peace, we must intentionally grieve the loss or disappointment.

3. *What thoughts and emotions has this loss or disappointment brought up?*

OUR STORY OF LOSS (03:49)

Nathan and Lacey walked through infertility. Their ability to fully love and be whole amidst adopting their girls was only because they truly grieved the loss of having their own biological children.

4. *What losses or disappointments have you avoided grieving in your life because guilt or shame were attached to the circumstances and memories?*

ACTIVATION STEP (05:27)

Grieving looks differently for every person. But we have a resource called, *The Freedom Booklet*, that can help you through this painful and often confusing process.

5. *What important loss or disappointment is the Holy Spirit bringing to your mind?*
6. *Why might this be important to yourself or your relationships to grieve this loss or disappointment?*
7. *When will you begin *The Freedom Booklet* to grieve this loss or disappointment?*
8. *Who can you invite into this grieving process by sharing your freedom booklet with them?*