

# GRIEF



## JANUARY 21 – JANUARY 27

### WELCOME

- Spend the first few minutes visiting and catching up.
- Take attendance. Who's missing?

### PRAY

Lord, thank you for bringing us here today to have fellowship with others. Help us to hear your words and their meaning for our lives and may those words guide our paths. Amen.

### DISCUSSION QUESTIONS

- This week we are talking about Grief. What are some common ways you've heard people describe grief? How do those descriptions match up with the experiences you've had?
- Think about a time you've experienced grief. What surprised you about this time? How did you find hope in the middle of it?
- Re-read this week's Scripture. What do we learn about the grief Naomi is carrying here? How has her grief impacted her life?
- One of the key elements to this story is that Naomi's name never actually changes—she has the space she needs to grieve, but also the space that is necessary for healing to take place. What does this teach us about the way we are invited to approach grief?
- Naomi's story is ultimately about redemption. How have you witnessed or experienced redemption in grief? What does the possibility of grief growing into redemption teach us about God?

### *Ruth 1:20-22*

20 “Don’t call me Naomi, she told them. “Call me Mara, because the Almighty has made my life very bitter. 21 I went away full, but the Lord has brought me back empty. Why call me Naomi? The Lord has afflicted me; the Almighty has brought misfortune upon me.” 22 So Naomi returned from Moab accompanied by Ruth the Moabite, her daughter-in-law, arriving in Bethlehem as the barley harvest was beginning.

### PRAYER REQUESTS