

FSJ @ HOME

Discussion Questions

Processing Grief

June 19, 2022

QUESTION 1:

Is there a loss in your life that you have not processed completely? Do you need someone to process with?

QUESTION 2:

Read through Psalm 13 or Psalm 88. Is there anything in those passages that you resonate with?

STAGES OF GRIEF:

1. Denial - pretend the loss is not real or doesn't hurt
2. Anger - recognize the deep injustice of the loss and are angry about it
3. Bargaining - where we try to imagine how our life can get back to what it used to be
4. Depression - deep sadness, but beginning to come to terms with the loss
5. Acceptance - not about becoming okay, but acknowledge that it happened and adapting to the new reality of life

