Caregiver SUPPORT

DISCUSSION GUIDE #04

What Do I Do with My Grief?

We can take it to God because he cares for us.

WELCOME

» Welcome attendees, look for newcomers and acknowledge them specifically

» Share the group's mission statement:

This is a safe and judgment-free environment where caregivers can find support, encouragement, and help to lift their eyes to Christ.

» Review guidelines for the meeting:

  » Begin and end at set times

  » Respect time allotted for sharing, set by facilitator

  » What is shared in the meetings is confidential, unless it involves abuse of a minor

  » Offer an empathetic and respectful ear to others

WHAT THIS GROUP IS

  » A place to biblically care for the caregivers

  » A place to bring the hope of the gospel to their situations

  » A place to pray for God to meet and bless them with the hope of the gospel

  » A place to listen, to hear struggles, and give help from the bible

  » A place to encourage

WHAT THIS GROUP IS NOT

  » A place to deal with 'patient care' solutions and diagnosis for your loved one

  » A place to give direction for patient care for your loved one

  » A place to hear answers to 'fix' your loved one and the situation you have

  » A place to share political opinions

» Open in prayer

» Encourage group to share current situations (3 minutes). Be sensitive to new attendees.

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QUESTION

The question for tonight's discussion is, "What do I do with my grief?" Some of us have experienced grief over the loss of a loved one, perhaps you still are walking through this. As caregivers there is a certain grief we can also be acquainted with that is ongoing due to the nature of our family member's disability. *Leader: give an example from your own life.

DISCUSSION

Let's read Psalm 6 (ESV) and afterward talk about how the Psalmist responds to grief.

> *O LORD, rebuke me not in your anger, nor discipline me in your wrath. Be gracious to me, O LORD, for I am languishing; heal me, O LORD, for my bones are troubled. My soul also is greatly troubled. But you, O LORD—how long? Turn, O LORD, deliver my life; save me for the sake of your steadfast love. For in death there is no remembrance of you; in Sheol who will give you praise? I am weary with my moaning; every night I flood my bed with tears; I drench my couch with my weeping. My eye wastes away because of grief; it grows weak because of all my foes. Depart from me, all you workers of evil, for the LORD has heard the sound of my weeping. The LORD has heard my plea; the LORD accepts my prayer. All my enemies shall be ashamed and greatly troubled; they shall turn back and be put to shame in a moment.*

What does the Psalmist do with his grief? What can we do with our grief? ***Allow for discussion.**

OBSERVATIONS

We read here in Psalm 6 that David is boldly expressing his deep trouble and grief. Instead of turning away from God, he turns to God with his grief. He appeals to God's mercy and steadfast love. We can do the same thing as Christians because of Jesus' work on our behalf at the cross. He is not put off by our distress and sadness, he lovingly welcomes us because of Christ. We read in verse 9 that God hears and accepts our prayers. We do not grieve alone or without hope. We are not crying out to nothing; God is the object of our prayers.

HOPE

God not only hears our prayers but he is with us in a personal way through our grief. We read in Revelation 21:3-4 (ESV) that God will wipe away every tear of those who are his.

> *And I heard a loud voice from the throne saying, "Behold, the dwelling place of God is with man. He will dwell with them, and they will be his people, and God himself will be with them as their God. He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away."*

Not only will God wipe away every tear, but he even keeps a count of our tears. Psalm 56:8 says,

> *You have kept count of my tossings; put my tears in your bottle. Are they not in your book?*

We can see in the bible that our grief deeply matters to God. As believers, we can know that we are not alone and that we do not grieve without hope.

GO DEEPER

» Read Psalm 6 again, then write your own psalm in the same shape: name the pain honestly then turn and talk to God directly.

» If you aren't a Christian and want to know more about the gospel and what Jesus has done, talk with another Christian you may know.

» We encourage you to be a part of a local church that preaches from the Bible. If you need help thinking through that, feel free to reach out to us.

PRAYER OF LAMENT AND HOPE

Dear Lord,

Your word tells us in Isaiah 53 that you are a "man of sorrows and acquainted with grief." This is so comforting to us because we know you understand our sadness. Some days we walk around with heaviness in our hearts and the tears won't stop. Some days grief stays with us like an unwanted friend, and it consumes our emotions to the point where we do not want to get out of bed. But you see our grief and you invite us into your welcoming and loving arms. Thank you for saying that one day we will see all the tears and sorrows you've collected in a bottle. Thank you for saying that one day we will see you face to face and you will wipe away all of our tears. For now, help us rest in your love and peace.

Amen