





Prayer Requests can be sent to:

Email: info@acornchristian.org

DM on Twitter: @acornchristian











Navigation:

Today you are invited to simply 'be'...

You do not have to take part in anything

You do not have to say anything

If you need to take time away from the screen that is fine...sit where you like!

Each section will be around 30 mins... followed by a 10 minute break

There will be a 1min timer to start every new section

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Grief and Loss: a journey of hope

Day One:

Programme:

10:00: Part 1 - First things, first

10:40: Break

10:50: Part 2 - Assumptions and Losses

11:20: Break

11:30: Part 3 - There is a Difference

12:00: Break

12:10: Part 4 - Prayer Appointments / worship

12:25: Part 5 - A Disciple's Journey

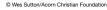
12:55: Close











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Grief and Loss: a journey of hope

Day Two:

Programme:

10:00: Part 6 - Theories of Grief and Loss

10:40: Break

10:50: Part 7 - Biblical Perspective

11:20: Break

11:30: Part 8 - Ministering in the place of Sorrow

12:00: Break

12:10: Part 9 - Prayer Appointments / worship

12:25: Part 10 - Holy Communion

12:55: Close







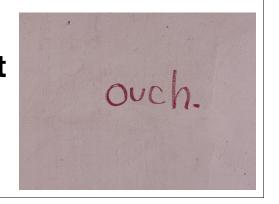
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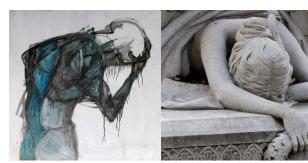
Grief and Loss: a journey of hope

One: First things, first

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Grief and Loss – a human experience





Meditation: Hebrews 4: 15-16

15 For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who was tempted in every way that we are, yet was without sin.

16 Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.



Meditation: John 11: 33-36

33 When Jesus saw her weeping, and the Jews who had come with her also weeping, He was deeply moved in spirit*d* and troubled.

34 "Where have you laid him?" He asked. "Come and see, Lord," they answered.

35 Jesus wept.

36 Then the Jews said, "See how He loved him!"



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Grief and Loss: a journey of hope

- Not exclusively about the process of bereavement but of all significant losses in life
- •Not only THE process : but OUR process
- •How we grieve our losses well
- ·How we journey with others
- ·How we live in the different seasons of life
- •The things that shape our journey
- •What else...?

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A Biblical concepts

Death and Resurrection

The Eternal God

"Before the mountains were born or you brought forth the whole world, from everlasting to everlasting you are God."

- Ps 90:2



Grief and Loss – your journey



'Grief'
by John O'Donohue



Grief and Loss: a journey of hope



Two: Assumptions and Losses

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Assumptions

What assumptions do people make about those experiencing grief and loss?

Why do we make them?

What assumptions have you experienced or witnessed personally?

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Our Losses...

•What may we 'lose' over the course of life?

•What have people lost specific to this COVID 'season'?







Here and Now...

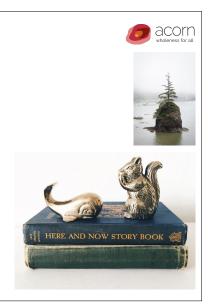
Heightened sense of anxiety and fear
Greater awareness of vulnerability
Deeper longing for security and peace
Stronger searching for meaning
Clearer understanding that life has changed
Acceptance that 'faith' is not irrelevant

Deep sorrowing

Profound Ioneliness

Erosion of hope

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Grief and Loss: a journey of hope



Three: There is a difference: given up...taken away



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Some 'things' we give up willingly

- •Jesus Jn 10:18 'I lay down my life...no one takes it from me' / 'greater love' / 15:13
- •Paul Phil 3:7 I count everything as loss / for the sake of...
- •Jim Elliot quote..."He is no fool who gives what he cannot keep, to gain what he cannot lose!"





Some 'things' are taken from us

- •Illness
- Death
- Redundancy
- Divorce
- Liberty
- Exile
- •Other...

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Some 'things' are taken from us

By the rivers of Babylon we sat and wept when we remembered Zion. There on the poplars we hung our harps, for there our captors asked us for songs, our tormentors demanded songs of joy; they said, "Sing us one of the songs of Zion!" How can we sing the songs of the Lord while in a foreign (strange) land?

(Ps 137:1-4)

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Some 'things' are taken from us

Jeremiah 29

1 This is the text of the letter that the prophet Jeremiah sent from Jerusalem to the surviving elders among the exiles and to the priests, the prophets and all the other people Nebuchadnezzar had carried into exile from Jerusalem to Babylon.

4 This is what the Lord Almighty, the God of Israel, says to all those I carried into exile from Jerusalem to Babylon:

5 "Build houses and settle down...

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Some 'things' are taken from us

Jeremiah 29

10 This is what the Lord says: "When seventy years are completed for Babylon, I will come to you and fulfil my good promise to bring you back to this place. 11 For I know the plans I have for you," declares the Lord,...





The Difference is...?

Knowing the difference between 'willing' and 'unwilling' losses, can help know how to respond appropriately

Otherwise we can create a false view of

- Life
- •God
- Ourselves
- Others

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Grief and Loss: a journey of hope

Part Four: Prayer and Ministry: 15 minutes of grace





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Grief and Loss: a journey of hope



Five: A Disciple's Journey

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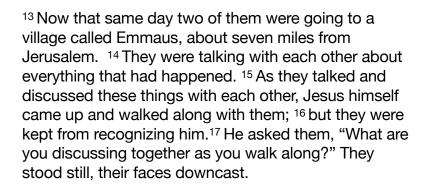
Luke 24:13 -17



A
Disciple's
Journey



Luke 24: 13 -17







Jesus draws alongside them

Pace – speed of travel
Pathway – directions of travel

Progress - lasting change

It is easy to make assumptions about other people's journey

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Luke 24: 25-29

25 He said to them, "How foolish you are, and how slow to believe all that the prophets have spoken! 26 Did not the Messiah have to suffer these things and then enter his glory?" 27 And beginning with Moses and all the Prophets, he explained to them what was said in all the Scriptures concerning himself.



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28 As they approached the village to which they were going, Jesus continued on as if he were going farther. 29 But they urged him strongly, "Stay with us, for it is nearly evening; the day is almost over." So he went in to stay with them.

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Luke 24: 30-35

30 When he was at the table with them, he took bread, gave thanks, broke it and began to give it to them. 31 Then their eyes were opened and they recognized him, and he disappeared from their sight. 32 They asked each other, "Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?"

33 They got up and returned at once to Jerusalem. There they found the Eleven and those with them, assembled together 34 and saying, "It is true! The Lord has risen and has appeared to Simon." 35 Then the two told what had happened on the way, and how Jesus was recognized by them when he broke the bread.







A JOURNEY OF HOPE: Grief & Loss

- Thank you for being with us -

Acorn Christian
Healing Foundation



