



Grief & Loss:
- a journey
of hope -

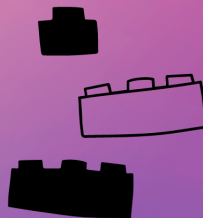
Welcome

It is great to have you
here with us...

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2021



SCHOOL
OF
HEALING

Ministry & Skills for the Journey of
Christian Healing



LIVE
@11

Tuesdays on Acorn's YouTube Channel



#WDJH?
12 'then'
stories for
your 'now'...



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WHAT DID JESUS HEAL

12 'THEN' STORIES FOR
MY 'NOW'...

#1

#4

#7

#10

#2

#5

#8

#11

#3

#6

#9

#12

#WDJH

Live@11

- #1 Oedema
- #2 Paralysis
- #3 Fever
- #4 Leprosy
- #5 Bleeding
- #6 Deafness
- #7 Dumbness
- #8 Seizures
- #9 Blindness
- #10 Deformity
- #11 Childhood illnesses
- #12 Damaged bodies



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Let's Talk

about when..



a new CoffeePods series

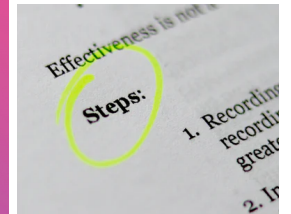


COFFEE
PODS

A PODCAST SERIES EXPLORING BIG
QUESTIONS ON CHRISTIAN HEALING.
FIND AT WWW.ACORNCHRISTIAN.ORG

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February 6th: The Authority of the believer Healing Processes in Luke



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Prayer Requests can be sent to:

Email: info@acornchristian.org

DM on Twitter: [@acornchristian](https://twitter.com/acornchristian)



Navigation:

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

You do not have to take part in anything

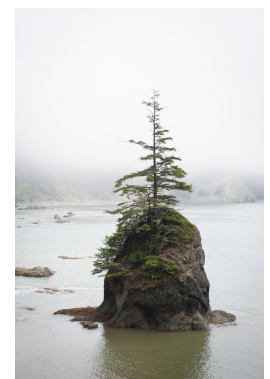
You do not have to say anything

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

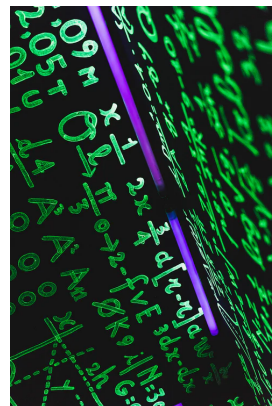


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Grief and Loss : a journey of hope

Six: Theories of Grief and Loss



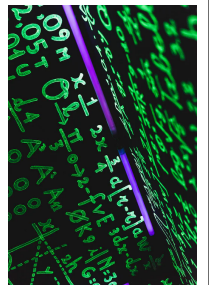
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Grief and Loss in Western culture

- Affluence: impact on aspirations & opportunities
- Advances in medical science
- Projected life expectancy
- NHS/Social services
- Assisted living as well as assisted dying
- Death is now a medical event - not a home event
- Confusing eternity with 'all the time in the world'

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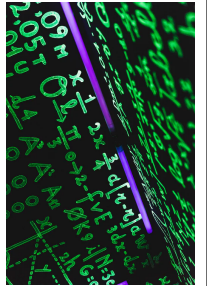




Theories of Grief and Loss

The Players:

- Freud
- Bowlby (and Parkes)
- Kubler-Ross
- Worden
- Rando
- Strobe and Schut
- Lindemann



Theories of Grief and Loss

Summary

- Not linear but fluid
- Attachment – Detachment - Reattachment
- Denial - Anger - Bargaining - Depression - Acceptance
- Accept - Process - Adjust - Reconnect
- Eventually finding a new connection with the person who has gone, whilst embarking on a new life



Strobe & Schut

Dual Process

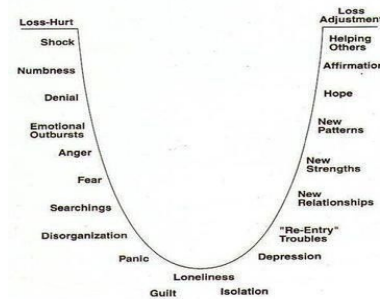
The 'back and forth'

Between 'loss orientated' and 'restoration orientated' responses

Loss – grieving, crying, obsessive remembering, denial, hiding

Restoration – new skills, new relationships/ roles, a new 'solo' connections

STAGES OF GRIEF



Grief and Loss – your journey



'For Grief'

by John
O'Donohue

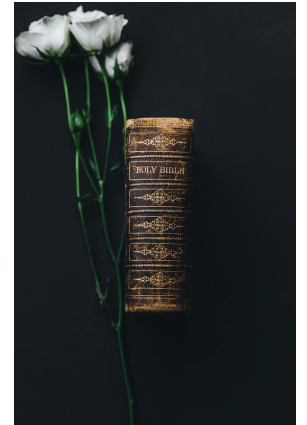


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Grief and Loss : a journey of hope



Seven: Biblical perspective



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Biblical motifs: recovery



Recovery is within the nature of God:



Old Testament

- Fall to Redemption
- Egypt to the Promised Land
- Exile to the Return
- Death and Resurrection



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Biblical models



New Testament

- Cross – a death to be encountered
- Tomb – a 'waiting' to be embraced
- Resurrection – hope and transformation
- Pentecost – a new power to live
- Mission – a new purpose to fulfil



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Peter Scazzero – Emotionally Healthy

Two helpful perspectives:

- Receive the gift of limits
- Embrace our grief and loss



Emotionally Healthy - Limits

Receive the gift of limits

We all have limits/boundaries that define us, such as:

personality, age, emotional, physical and intellectual capabilities, marital status...

What others can we identify?



Emotionally Healthy - Limits

Receive the gift of limits

We are both mortal and eternal beings

We are both human and spiritual beings

Pierre Teilhard de Chardin: “we are not human beings having a spiritual experience; we are spiritual beings having a human experience”



Emotionally Healthy - Limits

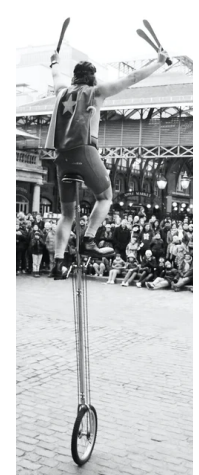
How?

Discerning my natural and God given limitations

Living joyfully interpreting them as gifts

Being reasonable with myself and others

Maintaining appropriate boundaries



Emotionally Healthy - Losses

Embrace our grief and loss

“Losses unattended to over time, prevent us from entering into walking freely with God and others’.

God invites us to grieve our losses, from the relatively insignificant, through to the traumatic, so as to be able grow through them.



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Emotionally Healthy - Losses

How?

Identifying my losses: physical/emotional/practical/

- pay attention to the pain
- wait in the confusing in-between - trust looking for & allowing God to birth the new out of the old - not to repeat the ‘old’



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Grief and Loss : a journey of hope

Eight: Ministering in the place of sorrow

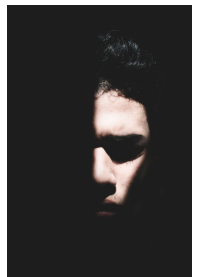


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Miss Haversham



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Ministering in the place of sorrow

Everyone is different – even in the same family / marriage / church /community

Silence and sitting, are powerful gifts to give to others

Do not try to defend God or explain His apparent activity or lack of it



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It's not...

- About your faith
- About how much you love God
- About how much God loves you
- About how much you believe in God
- About how much you believe the Bible
- About how much you trust God



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It's OK...

All that is already decided...
it's about other stuff...



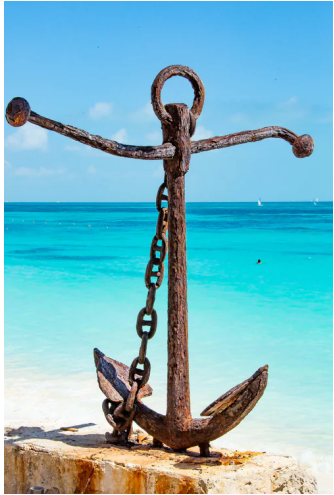
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Ministering to Myself

- Don't medicate your pain – face it in God's grace
- Don't hide from your emotions – they are part of you and part of your journey
- Do not feel you have to explain yourself
- Don't feel pressurised into church activity – opt for life-giving relationships
- Don't feel responsible for God's reputation
- Find an anchor - a spiritual friend/director



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Find an Anchor

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A Story...



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Ministering to Others

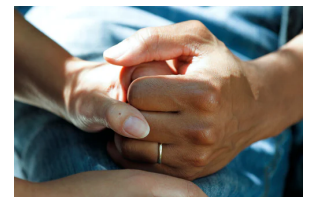
- Accompany people on their journey - do not direct it
- Give time to the pace of their process
- Remember TSFOSB – they will revisit issues and emotions a number of times before ‘landing’
- Do not try to fix everything – you can’t
- Resist the temptation to take everything away from them
- Just keep the basics ticking over



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Ministering to Others

- Be prayerful but not directive in prayer – we hold people in the love of God when they are unable to do so themselves
- Talk about the person who has gone – they will remain real for the rest of the life others will live
- When the immediate events are over – funeral / job etc – do not ‘drop’ the person.



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Ministering to Others

- Remember key anniversaries / birthdays / etc – acknowledge their significance year on year.
- Keep the person/people left within the social circle of friends – keep inviting/ including
- Other...?



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Grief and Loss : a journey of hope

Part Nine: Prayer and Ministry: 15 minutes of grace



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Grief and Loss : a journey of hope

Ten: Holy Communion



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Meditation

Psalm 23 (TPT)



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Psalm 23:1-6 (TPT)

[1] The Lord is my best friend and my shepherd. I always have more than enough. [2] He offers a resting place for me in his luxurious love. His tracks take me to an oasis of peace, the quiet brook of bliss. [3] That's where he restores and revives my life. He opens before me pathways to God's pleasure and leads me along in his footsteps of righteousness so that I can bring honor to his name. [4] Lord, even when your path takes me through the valley of deepest darkness, fear will never conquer me, for you already have! You remain close to me and lead me through it all the way. Your authority is my strength and my peace. The comfort of your love takes away my fear. I'll never be lonely, for you are near.

Psalm 23:1-6 (TPT)

[5] You become my delicious feast even when my enemies dare to fight. You anoint me with the fragrance of your Holy Spirit; you give me all I can drink of you until my heart overflows. [6] So why would I fear the future? For your goodness and love pursue me all the days of my life. Then afterward, when my life is through, I'll return to your glorious presence to be forever with you!

Confession



Leader:
We declare together...

All:
**Lord God, we have
sinned against you; we
have done evil in your
sight.**

**We are sorry and repent.
Have mercy on us
according to your love.**



**Wash away our
wrongdoing and cleanse
us from our sin, and
from the sins done to
us.**

**Renew a right spirit
within us and restore us
to the joy of your
salvation; through
Jesus Christ our Lord.
Amen.**



Promise of Forgiveness:
If we confess our sins, God
is faithful and just and will
forgive us our sins and
cleanse us from all
unrighteousness.

Receive now the forgiveness
of God and His unconditional
love to strengthen and renew
us, and live in the healing
power of his grace.
All: Amen.



Prayer:



**Those in need
Those on our
hearts**



As our Saviour taught us so we pray...

**Our Father in heaven,
hallowed be your name.
Your Kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.**



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**Forgive us our sins,
as we forgive those
who sin against us.
Lead us not into temptation,
but deliver us from evil.
For the kingdom,
the power
and the glory are yours.
Now and for ever.
Amen.**



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Remembering His sacrifice - Receiving His grace



The Lord is here
All: His Spirit is with us.

Lift up your hearts
**All: We lift them to the
Lord**

Let us give thanks to the
Lord our God
**All: It is right to give
thanks and praise**



It is always right to give you thanks God, our Creator, loving and faithful, holy and strong. You made us and the whole universe, and filled your world with life. You sent your Son to live among us, Jesus our Saviour, Mary's child.



He suffered on the Cross; He died to save us from our sins; He rose in glory from the dead. You sent your Spirit to bring new life to the world, and clothe us with power from on high. And so we join the angels to celebrate and say:



All together:

**Holy, holy, holy,
Lord, God of power
and might,
heaven and earth
are full of your glory.
Hosanna in the
highest**



Father, on the night before He died, Jesus shared a meal with his friends. He took bread and thanked you. He broke it and gave it to them, saying:
Take and eat; this is my body, given for you.
Do this to remember me.



After the meal, Jesus took the cup of wine. He thanked you, and gave it to them, saying: Drink this, all of you. This is my blood, the new promise of God's unfailing love. Do this to remember me.



All: Jesus Christ has died

All: Jesus Christ is risen

All: Jesus Christ will come again



Father, as we bring this bread and wine, and remember His death, send your Holy Spirit, that we who share these gifts may be fed by Christ's body and His blood.



Pour out your Spirit on us that we may love one another, work for the healing of the earth, and share the good news of Jesus, as we wait for his coming in glory.



For honour and praise
belong to you, Father,
with Jesus your Son,
and the Holy Spirit, one
God forever and ever.

All: Amen



We break this bread to
share in the body of
Christ

**All: Though we are
many, we are one
body, because we all
share in one bread**



Remembering His sacrifice - Receiving His grace



Jesus took the bread
and gave it to his
disciples...

**All: We, too, receive it
from him here...**

Jesus took the cup of
wine and gave it to his
disciples...

**All: We, too, receive it
from him here...**



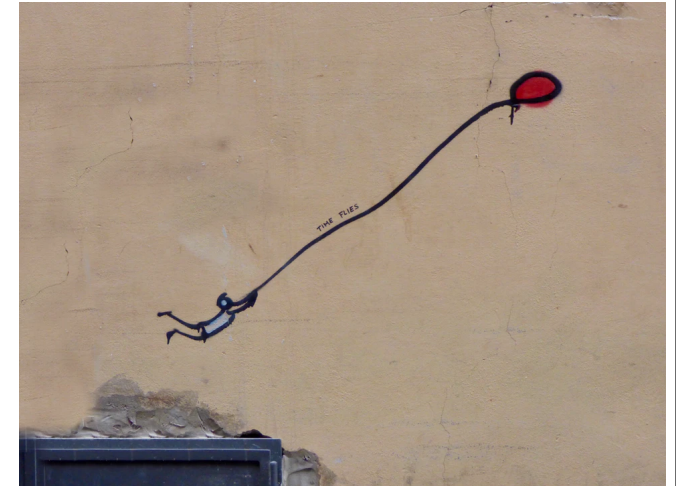
We say together:

All: Almighty God, we thank you for feeding us with the body and blood of your Son, Jesus Christ. Through him we offer you our souls and bodies to be a living sacrifice. Send us out in the power of your Spirit to live and work to your praise and glory. Amen.



Blessing:

Love lifted me,
Love lifted me,
When no one but
Christ could help
Love lifted me.



A JOURNEY OF HOPE: Grief & Loss

- Thank you for
being with us -

Acorn Christian
Healing Foundation

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ACORN LIVE STREAM

Livestream has ended