

WHAT TO EXPECT IN GRIEF SHARE

Mourning to Joy... You will grieve, but your grief will turn to joy. (John 16:20)

WHAT TO EXPECT

1. Learn about the EXPECTED and the UNEXPECTED CHALLENGES in your grief journey
2. Experience HOPE ENCOURAGEMENT, and RESTORATION through God's Word and Promises
3. Receive LOVE, SUPPORT UNDERSTANDING, and ENCOURAGEMENT from group members
4. You may feel overwhelmed and wish not to come back. But just keep coming!!! It will get better!
5. Commit to at least FOUR sessions, it will get easier and more encouraging with each succeeding session

THREE EASY RULES:

- We respect all faiths and religions
- What is said in the group stays in the group
- You don't have to talk if you don't want to share

THREE PART CLASS FORMAT:

I. VIDEO TOPICS

Video 1 -5: COMFORT

Video 6 - 9: ANSWERS

Video 10- 13: HOPE

II. WORKBOOK: Weekly Exercises (see page 6)

- Bible verses relevant to emotions, struggles, and questions you may have
- Reflections
- Weekly Grief Work (see page 10 in the middle of the page) — Under "Moving Forward" offers applications to bring RESTORATION, HOPE and COMFORT
- Helpful Pages:
 - Ball of Emotions — page 2 o List of Normal Emotions — page 4,5 o Scripture o Cards — Inside Back Cover

o Sign up for Email Devotions at GriefShare.org — A devotion will be in your Inbox for 365 days

III. GROUP DISCUSSION

FIRST SESSION ONLY— Partner-share about your loss, a form will be given to help you with this step

SHOW VIDEO (Session 1) and BRIEF GROUP DISCUSSION

CLOSING PRAYER