

**Grieving -- My Way**

**Monday, 3/1/10**– Read **Psalm 6:6-7**

My Observations \_\_\_\_\_

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A Question to Answer: The first step in grieving with hope is ... to grieve -- and without a lot of expectations or conditions. We give ourselves permission to grieve -- to feel the feelings, whatever they are, without judging them or comparing them to others' feelings. The language of today's reading may seem too strong or overwrought. But the beautiful honesty of the psalm-writer is the willingness to say it all. If you were to put your own grieving into words, how would you say it – for yourself?

**Tuesday, 3/2/10** – Read **Lamentations 3:32-36**

My Observations: \_\_\_\_\_

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A Question to Answer: The prophet Jeremiah's Lamentations expressed his distress over the fall and destruction of Jerusalem at the hands of the Babylonian Empire. In today's reading, the prophet is thinking about God's presence and compassion in the midst of our human distress. When we're in middle of our own grieving, it's maybe hard to remember God's compassion -- hard to remember that the Lord does not turn his eyes away from our struggles. When you are grieving, what helps you remember God's presence?

**Wednesday, 3/3/10** – Read **Psalm 13:1-6**

My Observations: \_\_\_\_\_

A Question to Answer: We grieve because something we cannot readily accept has happened to us. Someone we love has died. A job we enjoyed is lost. Lots of people feel not only grief but also really angry, maybe even enraged. Sometimes we're angry at someone. And sometimes we're angry at God. ... The Bible does not shy away from anger, even anger at God. In today's reading, the psalm-writer begins questioning God: "How long, O Lord?" ... Are you aware of having felt anger as part of your grief? Have you felt anger at God? ... Psalm 13 sets us a good example. We begin to get through our anger by expressing it straight out. In your prayer today, begin to tell God about your anger, even if it's anger at God.

**Thursday, 3/4/10** – Read **John 11:17-21**

My Observations: \_\_\_\_\_

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A Question to Answer: When we read the story of Jesus' raising Lazarus from the dead, we often miss Martha's statement to Jesus in verse 21. (Mary says the same thing to Jesus a few verses later.) ... How does Martha's statement sound to you? Is she angry? Is she scolding Jesus? Is she saying, "Why weren't you here?" ... Do you ever feel upset with God? With Jesus? Do you ever want to ask: Why didn't you prevent this terrible thing? ... How would you express that?

**Friday, 3/5/10** – Read **2 Samuel 1:17-27**

My Observations: \_\_\_\_\_

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A Question to Answer: What helps you express your grief? What helps you feel the feelings that come? In today's reading, David sings this song to honor Saul and his son (David's best friend) Jonathan. Does music help you? Or poetry? ... Read

through David's song. What does it stir up within you? Today, listen to some music that touches you deeply -- and jot down some of your thoughts and feelings that the music calls forth.

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**Saturday, 3/6/10 – Read Psalm 31:9-10**

My Observations: \_\_\_\_\_

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A Question to Answer: The way we grieve is very individual. Each of us does it differently. For many of us prayer is the most natural impulse of our souls in times of distress. For others, grief feels like an obstacle to prayer. And if we're feeling angry, that may make prayer even more remote. ... In today's reading, the psalm begins as a prayer. Do you find yourself turning to prayer when you are in distress? Notice that the psalm simply lays the feelings out before God. Try that today. Write a brief prayer and describe exactly what you're feeling.

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**Sunday, 3/7/10 – Read Mark 14:32-35**

My Observations: \_\_\_\_\_

A Question to Answer: The Bible repeatedly tells us that prayer was central to Jesus' own relationship with God. And when the chips were down, with his arrest and crucifixion bearing down on him, Jesus went to the garden to pray. ... One of the important ways that we begin to move toward hope in our grieving is to include God -- by praying our grief. Is there a grief in your life these days? Are you yet at a point where you can invite God into your grieving? Try it today.

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*My Faith Journal*, February 28, 2010

Good Grief #2

***My Way***

**What do I hear God saying to me today?**

**What action do I intend to take this week?**

*Each day this week, take a few minutes. Begin with PRAYER. Then READ through the Bible passage indicated on the inside of this guide. WRITE down your own thoughts, reactions, observations. ANSWER THE QUESTION to begin connecting the Bible with your life. Use additional paper or your own notebook if you need more space to write.*