



Life After Loss: Growth Out of Grief

Session Guide and Review Notes

Life After Loss: Growth Out of Grief

5 min Welcome and Introduction

PowerPoint Presentation: Short (10-15 min.) or Long (30 min.) version

Summary: Life After Loss: Growth Out of Grief

- John Claypool lost his 8-year old daughter to leukemia.
- His strengthening Bible promise: “Those who wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run and not be weary; they shall walk and not faint.” Isaiah 40: 30-31
- This was a time to “walk & not faint.” This may be the greatest manifestation of God’s power. “This is the only form of the promise that fits this situation. In the dark stretches of life, when you cannot soar and there is no place to run, to know of a Help that will provide the strength that enables you to “walk and not faint” is good news indeed.”
- The day will come when you can remember your loss without overwhelming pain. God’s love opens a channel into the wounded and bruised soul. You can become a healing salve to others who sorrow.
- Physical & spiritual nurture is vital during times of stress.
 - ✓ Accept help from others, and ask for it if you need it.
 - ✓ Take time for fresh air, exercise, and mental & physical rest.
 - ✓ Fill up on fresh fruits & vegetables for energy instead of candy & caffeine.
 - ✓ Daily choices create habits that will carry you through when you need to operate on automatic pilot!
- The experience of grief can deepen our ability to participate in life.
- “Come unto me, all you who are troubled & weighted down with care, and I will give you rest.” Matthew 11:2
- God knows the way & He will show you the way.

10 min Discussion Time 1: What are your thoughts?

- ✓ What Bible promise gives you strength & hope during loss?
- ✓ What lifestyle habits can increase your resiliency during loss?

5 min Discussion Time 2: What is your story?

- ✓ You or someone in the group may have a “delivered story” that pertains to the session topic. Take a few minutes for you or a guest to share.

5 min Freedom Journey: Present the following thoughts for reflection prior to next discussion periods to encourage positive discussion for change.

- **Reflect:** God is present even when He may seem absent.
- **Recalculate:** Time with God in His Word and prayer gives power.
- **Reframe:** You are not alone—God says, “I will never leave you or forsake you.” Hebrews 13:5. He has a plan, power, and purpose for you.
- **Remember:** God is still creative enough to bring good out of bad.

10 min Discussion Time 3: What have you learned?

- ✓ What did you hear that deeply moved you?
- ✓ What did you learn that makes you stronger in your resolve?

Lifestyle Links: Lifestyle links for building physical, mental, emotional, and spiritual strength.

Reboot and Rebound: Daily choices build a better brain, body, and habits.

- **Create a Lifestyle:** Healthy habits help your body & brain deal better with stress & loss.
- **Create Connections:** Ask for help when you need it. Reach out to someone less fortunate than you. Repeat God’s promises.

10 min Discussion Time 4: What will you do?

- ✓ What is your reason for hope today?
- ✓ Which of the **Lifestyle Links** are your focuses right now?
- ✓ What is your first step?

5 min Group Promise, Affirmation, and Prayer to Close Session

Pray and Say: Divine power and daily practice change the brain.

- **Prayer:** “Dear God, thank you that by your power and strength, I am Living Free!”
- **Promise:** “I can do all things through Christ who strengthens me.” Philippians 4:13.
- **Affirmation:** “Thank you God for my freedom journey to better physical, mental, and spiritual health!”
- **Encourage** participants to review their handout.
- **Close** with prayer.

Handout: Balanced Living Tract: Life After Loss: Growth Out of Grief