LOSS and GRIEF: WEB Elective Term 4 2011

A biblical perspective on loss and grief for those who are bereaved, living after loss or caring for individuals who are

Week One: Oct 20th- The Nature of Loss and Grief (Pip Russell)

- The nature of loss and grief
- Reactions to grief
- Grief in the Bible
- The presence of hope in Christian grief (1Thess 4:13-18)
- Helpful resources

Week Two: Oct 27th- The Journey of Grief and the Tasks of Mourning (Sally Sims)

- Grieving is a journey, a healing process and hard work
- The Tasks of Mourning (J William Worden)
- Factors which influence grief and the mourning process
- Praying for those who are grieving

Week Three: Nov 3rd- The God of all Comfort (Pip Russell)

- Questions about Grief
- A Christian Perspective
- The God of all comfort (2 Corinthians 1:1-11)
- Growing through loss
- Encouraging Bible verses

Week Four: Nov 10th- Coping with Grief (Sally Sims)

- Guiding principles and practical strategies for helping an individual cope with grief
- Guiding principles for managing the grief process in a way that seeks to honour God. This doesn't remove our grief but starting from where we are, it helps us to resist grief's temptations and with God's grace enables us to find hope again.

Week Five: Nov 17th- A Pastor's Reflections on Death (Joe Burrows, Pip Russell)

- Visiting the terminally ill and dying
- The role of funerals
- Death and the afterlife - what happens when we die

Week Six: Nov 24th- Listening and Responding with Empathy (Sally Sims)

- Listening and responding with empathy
- Overcoming the natural tendency to advise, evaluate and fix