



Discussion Guide for “Sitting with Grief?” *Good Grief* Week 2

Grief is uncomfortable. In the face of tragedy, no words are sufficient to salve our pain. Yet in the face of others’ pain, we find ourselves offering platitudes and speaking for God so we can avoid their pain. But Lamentations 1 is a funeral dirge. We hear the woman’s honest, unflinching cries of pain and see the prophet join her, offering nothing but his presence. How can we learn to be honest about pain so we can begin the process of reorientation?

Scriptures for Further Reading

[Psalm 77](#)

[Lamentations 1](#)

[Matthew 5:4](#)

[Romans 12:14-18](#)

Passage for Sacred Reading:

A sacred reading is a method of reading Scripture that invites God to speak to us through the text. If you have never done a sacred reading, here is [a simple step-by-step guide](#). This week’s passage is [Lamentations 1](#).

Questions for Discussion

1. What are some clichés people say when faced with pain, loss or grief? Do you find them helpful or unhelpful?
2. Read Lamentations 1 together as a group. What emotions do you experience as you read it?
3. What kinds of things does the prophet say? What about the woman? With whom do identify more at this point in your life?
4. Think of a time you’ve been in a season of grief. What was most helpful for your healing?
5. Where are we disoriented as a culture? What does honesty look like at a cultural level right now?