



Discussion Guide for “How to Grieve”

How to Survive the Election Week 2

When we vote, we tend to think about our own wants and needs. But Jesus implores us to put others before ourselves. How do we do that in politics? Rev. Sonya Brown invites us to consider how the practice of lament can help us hear the voices of the most vulnerable among us.

Scriptures for Further Reading

[Lamentations 5:1-18](#)

[Matthew 5:1-12](#)

Passage for Sacred Reading:

Sacred Reading is a way of reading Scripture with an eye toward transformation, not just information. You can find a [step-by-step guide here](#). The passage for this week’s sacred reading is [Lamentations 5](#).

Questions for Discussion

1. Have you ever heard a story that made you want to go experience the place where it happened? Why was that?
2. Sonya shared a lot about the experiences of Native Americans throughout US history. How much of that did you know? How much was new? How did you feel during that part of her sermon?
3. Why do we avoid teaching and discussing those parts of US history?
4. Revisit Lamentations 5. How did the people’s grief shape the way they engaged God?
5. Why is grieving an important part of the Church’s worship?
6. What does it look like for you to hear the voices of the vulnerable this week?