



LOSS & LAMENT

A Pathway To Growth

What is Loss and Lament?

- **Losing:** people, possessions, health, roles/jobs, security, self-worth, dreams/aspirations
- **Biblical examples:** Sarah, Israel, David, Mary, Jesus
- **Emotions:** grief, disappointment, anger, bitterness, regret, despair, confusion, loss of perspective

Martin's Story

- What **choices** do we have in response to 'loss'?
- **3 Postures**: being attentive to God, being attentive to ourselves and being attentive to others.
- **John 12: 24** - unless the seed dies, it cannot produce many more new seeds or new fruit
- What do you need to **surrender to God**?

Accompanying others in lament

- **An act of great hospitality** – listening well with empathy
- **Care for the Family** - Training to learn good skills
- **Taking the 'low stool'** of humility and offering 'presence'