

Grief - Andy and Julie Lehman

1. Our Story
2. What is Grief?
 - a. Grief is the systemic response caused by a loss or the end of/change in a familiar pattern of behavior.
 - b. Examples
 - c. Not just death. Even "happy" experiences may carry a bit of grief.
 - d. Grief is normal. Grief is natural. Grief is necessary.
 - e. "5 stages of grief" vs. Ball of Grief

NOTES:

3. Common Initial Responses to Grief
 - a. Reduced Concentration - "Grief Brain"
 - b. Numbness
 - c. Disrupted Sleep Patterns
 - d. Change in Eating Habits
 - e. Rollercoaster of Emotional Energy

NOTES:

4. Grief is personal
 - a. There is no universal response
 - b. There is no universal timeline
 - c. Each relationship is unique. Therefore, each grief is unique.
 - i. Personal examples of experiences with grief

NOTES:

5. Biblical Framework for Grief
 - a. We have permission to feel a full range of emotions
 - b. We can come to God as we are
 - c. God can handle our emotions and questions
 - d. Lamenting helps us navigate our pain and leads us to God
 - e. God heals all wounds
 - i. Time does not heal all wounds.

NOTES: