

GOOD GRIEF

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For discussion and reflection:

Where do you land on the continuum of avoiding grief on one hand and embracing it fully on the other? Why?

Think about a disappointment or a loss you have experienced. Sit with the question, "How can I get rid of my suffering?" After a few minutes, change your question to, "How can I make it an opportunity for God to grow me and give me new insight?" Ask God to change your perspective to one that looks for God's personalized teaching for you in this place.