



# *Grieving with Hope*

walking alongside those who mourn



# *Talk 2: Supporting those who have lost*

Helen Thorne-Allenson



# Loss is all around

- Meet Abby
- Meet Joe
- Meet Duncan
- Meet Flo



# Loss hurts

- It impacts emotions
- It impacts bodies
- It impacts practical living arrangements
- It impacts for, potentially, many years

And sometimes we struggle to know how to help



# Loss needs

- Our time
- Our love
- Our wisdom
- Our humility
- Our perseverance



# Supporting those who have lost: by moving towards

John 11:18 *"many Jews had come"*

- Be personal
- Be present
- Be culturally appropriate



# Supporting those who have lost: by listening

John 11:21 *"if you had been there ... but I know"*

- Listening to the words
- Listening to the emotions
- Listening to themes



# Supporting those who have lost: by lamenting

John 11:35 "*Jesus wept*"

- Lamenting the sadness – the wrongness
- Lamenting together
- Lamenting with a structure



# Supporting those who have lost: by speaking

John 11:40 *"you will see the glory of God"*

- Speaking God's presence
- Speaking God's comfort
- Speaking God's call
- Speaking God's hope



# Supporting those who have lost:

- By praying
- By being practical
- By persevering



# Pitfalls to avoid:

- Theological debates
  - point to Christ – pose questions (11:25-26)
- Our own agendas
  - we track them (11:31)
- Things that encourage suppression or getting stuck
  - questions and worship can go together (11:32)



# Loving like Jesus:

- Jesus went
- Jesus wept
- Jesus gave hope

"I am the resurrection and the life" (11:25)

