**WOODLANDS CHURCH**

**April 15th 2018. Good Grief**

**Discussion notes: Loss: Ecclesiastes 3:1-8**

‘In every season turn, turn, turn’ sang the Byrds in their 60’s hit single quoting the book of Ecclesiastes. Life has seasons, and each season may well hold loss and grief as well as growth and opportunity. We are not great at accepting loss in western culture. We can be in denial about loss of youth, loss of significance and ultimately loss of life itself. God seems to have a different perspective; perhaps loss can be the place where we find ourselves.

1. What kind of loss have you experienced in life? How do you measure loss? Has loss been material, physical, relational, emotional?
2. How have you felt you should respond to loss as a Christian? What perspective does faith teach you to have about loss? When has loss been good for you?
3. How equipped do you feel to comfort someone who has been bereaved? How can Church communities help people suffering loss?
4. Deliberate laying down of power and status can make way for other people to grow. Who does this in the bible? where have you seen this in life?

Loss may be good and painful at the same time. Releasing children into independence is a great thing but may seem like a loss. People cry at weddings, not just because they are lovely, but because friendships and family life may lose something unique in the pre-married relating. Do we need some ritual, resource or permission to grieve even around good things? Does God understand loss?