



## Week 5: Enlarge Your Soul Through Grief & Loss

Learn how to embrace and see that God uses grief & loss to draw us closer to Him.

**Job 3:3-4 & 6:2-4**  
The Story of Job



Grief and loss are meant to enlarge our soul: They should lead us to a wholeness, a richness and a depth we never dreamed of. Grieving empties our soul of junk and loss strips us bare before God: **In emptying, we create a holy vacancy for God, allowing God to fill our lives.**

*Pete Scazzero, Emotionally Healthy Spirituality*

### Defense Mechanisms Against Grief & Loss

- |                                   |                      |
|-----------------------------------|----------------------|
| 1. Denial or Selective Forgetting | 5. Intellectualizing |
| 2. Minimizing                     | 6. Distracting       |
| 3. Blaming Others                 | 7. Becoming Hostile  |
| 4. Rationalizing                  |                      |

Use the space below to reflect on this list and how you avoid the process of grief. Try to think of one example from your life.

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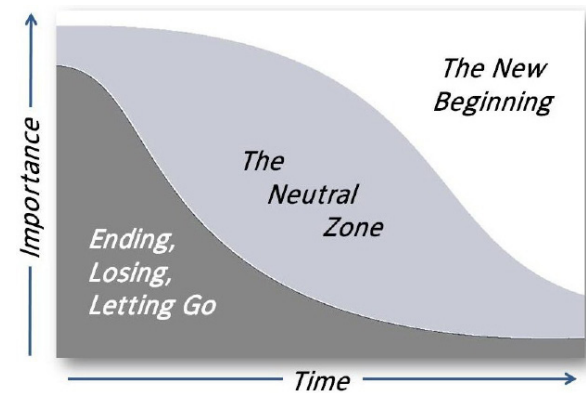
### How Do I Process Grief & Loss?

#### 1 Pay Attention.

- "Grieving is not possible without paying attention to our anger & sadness." - **Scazzero**

#### 2 Wait in the Neutral Zone.

- Be still in the presence of the Lord, and wait patiently for Him to act.  
**Psalm 37:7**



#### 3 Embrace the Gift of Limits.

- Sometimes the greatest loss we must grieve is our limits.

#### 4 Climb the Ladder of Humility.

Includes steps like:

- A willingness to subject yourself to the direction of others.
- A patience to accept the difficulties of others.
- Radical honesty to others about your weaknesses.
- Transformation into the love of God.

Get the full list at [FaithCommunity.co/SurfaceTension](http://FaithCommunity.co/SurfaceTension).

#### 5 Let the Old Birth the New.

- This pattern is the same in nature as it is in your life.

