

Life Group Discussion Guide

Healing Well - November 8

LEADER NOTES

For the next several weeks, ALC is inviting guest voices to share on the subjects of grief, loss, forgiveness, and reconciliation. This week's guest speaker was Dr. Barbara Feil, who spoke from her experience as a pastor and licensed professional counselor on the topic of grief and loss. We see in John 11 that Jesus is comfortable with the grief of others, and even allowed himself to grieve the loss of a friend even though he fully intended to resurrect him. As we experience loss and care for others in their grief, it is vital to create space for processing and healing. This is especially true in our Life Groups.

QUICK REVIEW

Looking back at your notes from this week's teaching, was there anything you heard for the first time, caught your attention, challenged you, or confused you?

THIS WEEK'S TEXT

John 11:20-37

When Martha got word that Jesus was coming, she went to meet him. But Mary stayed in the house. ²¹ Martha said to Jesus, "Lord, if only you had been here, my brother would not have died. ²² But even now I know that God will give you whatever you ask."

²³ Jesus told her, "Your brother will rise again."

²⁴ "Yes," Martha said, "he will rise when everyone else rises, at the last day."

²⁵ Jesus told her, "I am the resurrection and the life. Anyone who believes in me will live, even after dying. ²⁶ Everyone who lives in me and believes in me will never ever die. Do you believe this, Martha?"

²⁷ "Yes, Lord," she told him. "I have always believed you are the Messiah, the Son of God, the one who has come into the world from God." ²⁸ Then she returned to Mary. She called Mary aside from the mourners and told her, "The Teacher is here and wants to see you." ²⁹ So Mary immediately went to him.

Now Jesus had not yet entered the village, but was still at the place where Martha had met him. ³¹ When the Jews who had been with Mary in the house, comforting her, noticed how quickly she got up and went out, they followed her, supposing she was going to the tomb to mourn there.

³² When Mary reached the place where Jesus was and saw him, she fell at his feet and said, "Lord, if you had been here, my brother would not have died."

³³ When Jesus saw her weeping, and the Jews who had come along with her also weeping, he was deeply moved in spirit and troubled. ³⁴ "Where have you laid him?" he asked.

"Come and see, Lord," they replied.

³⁵ Jesus wept.

³⁶ Then the Jews said, "See how he loved him!"

37 But some of them said, "Could not he who opened the eyes of the blind man have kept this man from dying?"

LOOK UP

How does Jesus respond to Martha in this week's text. How does he respond to Ruth?

What does Jesus' response to their grief teach us about the christ-like way to respond to others who are experiencing grief?

LOOK AROUND

What kinds of losses have you experienced this year (financial, social, opportunities, etc.)?

Why do you think it is easier to process loss on a community or national level (pandemics, catastrophic events, etc.) than it is to process a personal loss?

LOOK AHEAD

What would it look like for you to create space for yourself to process when experiencing loss?

What would it look like for your Life Group to create space to process together?

PRAYER