

Spiritual Discipline: Mourning

Romans 12:15 (NIV84)

¹⁵ *Rejoice with those who rejoice; mourn with those who mourn.*

1. Think about Jesus' ministry when he encountered people who were mourning. Look up as many biblical passages as you can find. What was Jesus' reaction to those who mourned in each of the examples you found? What can we surmise from these examples?
2. Read Romans 12:15 (today's memory verse) and its surrounding context. Why are we told to mourn with those who mourn?
3. Take some time and hear the stories of those in your group who have had to mourn the death of a loved one (allow volunteers to share and then discuss the following questions).
 - a. During your time of mourning, who stands out to you as someone who truly ministered to you? What did that person do or say?
 - b. What are some things you should NOT say to someone in the midst of grief or who just experienced loss? (Maybe something you've heard before or even had said to you)
4. Is there anyone in the group that has faced a type of grief and mourning that was not the death of a loved one? Divorce? Loss of health? Loss of job? Another type of loss? If so, ask them if they would share their experience.
 - a. Ask those who shared, how did Christian brothers and sisters comfort you?
 - b. Ask those who shared, what did you experience that was NOT helpful?
5. Pray specifically for those who shared about a significant loss and ask God to guide your K-group in effectively ministering to them.
6. Many people who have experienced grief have found comfort through the Psalms. As a group, encourage and comfort each other by reading favorite Psalms.
7. Brainstorm some specific ways we can mourn with those who mourn.