



Whether the loss is recent or in the remote past, the GriefShare seminar is a beneficial tool in understanding of the impact of death on our lives.

What is GriefShare you ask? GriefShare is a seminar and support group for people grieving the loss of a loved one. It features biblical teachings on grief and recovery topics.

Topics include: the different effects of grief, the “why” issue of death, how joy and pain can coexist, how God uses suffering to help us grow, what suffering tells us about ourselves, and how suffering helps us to serve others. The topics covered can be grouped into the following thematic categories:

COMFORT

Many grieving people are unprepared for the intensity of their emotions and the duration of their grief. The first sessions of GriefShare comfort participants by helping them realize that their experiences of grief are normal. These sessions also describe what participants should expect to experience (emotionally, relationally, physically, and spiritually) as they move along the journey of grief. This information stabilizes them, helps them realize they’re okay, and prepares them for what lies ahead.

ANSWERS

The members of the group will have a lot of questions. Many will be facing unique and challenging circumstances. It’s important they receive answers to their questions and solutions to their problems; otherwise, they won’t heal from their grief. That’s why the middle sessions focus on giving the group answers. Participants hear answers to the “why” questions and sound advice on how to handle the circumstances and emotions that complicate grief, and they discover practical ways to avoid getting stuck in grief.

HOPE

The last sessions of GriefShare point forward. They give group members a vision of how God can use their grief in positive ways and offer hope for what the future holds. These sessions explain important lessons of grief, what heaven is like, and how to move forward without leaving behind the memory of their loved one.

While it’s ideal for group members to attend all sessions, each weekly session is designed to be “open,” meaning a person can begin attending at any time. Members will find comfort, answers, and hope in every session!

New sessions begin on the second Monday each September and the first Wednesday each January. For more information, email xenosgriefgroups@gmail.com.