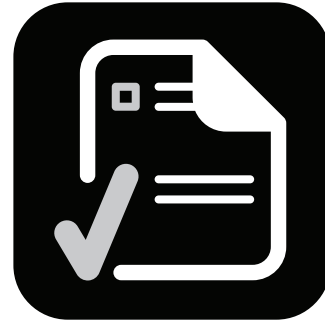


Walking through a GriefShare Session

Starting the session

- Open with prayer
- Welcome, announcements, introduce leaders
- Briefly share your experience with grief
- Briefly describe GriefShare program
 - Video seminar
 - Support group
 - Workbook – it is essential each participant receive a workbook
- Encourage note taking
- Briefly establish guidelines
- Icebreaker (optional)
- Discuss workbook exercises from previous week (Sessions 2–13 only)
- Start video
- Short break



Small group discussion

- 3–12 in group
- Stress confidentiality and safe environment to share
- Icebreaker (optional)
- Ask first discussion question
- Be in control
- Keep people on track
- Watch body language and eye contact
- Silence is golden – listen and probe
- Stop two or three from talking at the same time
- All questions cannot be answered
- Trust God to meet group needs
- Don't correct theology
- Don't get into a debate
- Use gentle interruptions



Wrap-up

- Prayer requests
- Close with prayer
- Bible study in workbook
- Return next week with friend



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VIDEO SESSION DESCRIPTIONS

WEEK	TITLE	TIME (minutes)	DESCRIPTION
1	Living with Grief	34	Session 1 introduces participants to GriefShare. It explains what living with grief is like, why participants shouldn't be ashamed of their grief and why they shouldn't rush their healing.
2	The Journey of Grief	35	This session prepares your group for what to expect along the journey of grief. It also emphasizes that everyone's journey will be unique and warns against comparing grief experiences.
3	The Effects of Grief	29	Your group members are probably surprised at how debilitating grief is. This session explains that this is normal and suggests practical ways to find comfort.
4	When Your Spouse Dies	40	This session helps widows and widowers think through the critical issues involved in their healing. It begins to prepare your group to face life's realities without their loved ones.
5	Your Family and Grief	41	This session shares how to keep a family afloat when its members are drowning in grief. It also presents some of the unique issues involved in grieving the death of a child.
6	Why?	39	Just because God doesn't answer all of our questions doesn't mean He won't answer any of them. This session answers "Why" questions and encourages group members to begin asking other questions as well.
7	The Uniqueness of Grief, pt. 1	41	This session explores how the causes of, and personal responses to, a loved one's death affect one's grief. Topics addressed include suicide, long-term illness, murder and false guilt.
8	The Uniqueness of Grief, pt. 2	38	Relationships, past and present, affect one's grief. This session helps participants address insensitive comforters and unresolved conflict with a deceased loved one.
9	God's Prescription for Grief	32	The bereaved are often overwhelmed by the advice they receive from others. And often, what goes unnoticed is what God says about healing. This session tells participants how to position themselves to experience God's healing.
10	Stuck in Grief	35	It's easy to get stuck along the journey of grief. This session explains how to keep moving on the path to healing.
11	Top Twenty Lessons of Grief, pt. 1	35	In this session, those who've walked the journey of grief will share what they've learned and how they've grown from their grief experience.
12	Top Twenty Lessons of Grief, pt. 2	32	In this session we unveil the most significant lessons that can be learned during grief.
13	Heaven	37	This session gives practical advice on how to tap into, and hold onto, the source of hope in this disappointing world.