



John 11:32-37
Part 6: The Only Way to Respond

“Emotionally Healthy Church”
Adapted from *The Emotionally Health Church* by Peter Scazzero

CENTRAL

What is one personal loss you have experienced this year? How did it impact you?

“In the minds of many today, the repression of feelings and emotions has been elevated to the status of...virtue. Denying anger, ignoring pain, skipping over depression, running from loneliness, avoiding confusing doubts, and turning off our sexuality have become a way of spiritual life [and badge of spiritual armor].” (EHC, p.57)

I’m not as _____ as I once was.

I’ve never known what it’s like to _____.

I miss _____.

I did not receive much _____ when I was growing up.

A part of me will always be sad that _____.

Something I wish I had done, but that’s impossible now, is _____.

When I was younger, I wish I had spent more time _____.

I feel a certain amount of regret regarding the way I _____.

One thing I miss about my earlier days as Christian is _____.

In the earlier days of our church, I loved how we _____.

Read John 11:32-37

Why do you think Jesus took time to weep over an event he knew he was about to fix?

Reverend Anthony L. Riley, Senior Pastor

2845 Washington Boulevard at T. E. Huntley | St. Louis, Missouri 63103 | 314.533.0747 | info@cbcstl.org

Follow us on: @CBCSTL | @CBCSTLNEWS | WWW.CBCSTL.ORG



CENTRAL

Biblical Grieving Process

1. Pay _____
2. Live in the (Confusing) _____
3. Allow the Old to _____ the New

Which part of the process is most difficult for you to do and why?

Devastating Loss & (Apparently) Insignificant or Natural Losses

Henri Nouwen has rightly said the degree to which we grieve our own losses is the degree to which compassion flows from our lives. Why does that tend to be true?

Refer back to the personal loss you started this study naming. How might God be coming to you through that event and/or process?

*“Emotional health and spiritual maturity are inseparable.
It is not possible to be spiritually mature while remaining emotionally immature.”*

Complete this Sentence: As a result of this study, I am beginning to realize _____

Want to Go Deeper: Grieving Retreat

1. Make a timeline of the major losses of your life
2. Ask yourself if you ever took the time to grieve over the events in the timeline.
3. Ask God to show you how to grieve and lead you through the three-step process.

Want to Go Deeper: Praying and Writing a Psalm

- a. Prayerfully read Psalm 42, 43, 77, or 88
- b. Write your own lament psalm. Share with a friend.

Reverend Anthony L. Riley, Senior Pastor

2845 Washington Boulevard at T. E. Huntley | St. Louis, Missouri 63103 | 314.533.0747 | info@cbcstl.org

Follow us on:   @CBCSTL |  @CBCSTLNEWS |  WWW.CBCSTL.ORG