

Unit 101

FINDING STRENGTH IN SUPPORT

MOURNINGSTAR

Grief Curriculum for Small Groups

UNIT 101 PURPOSE

Identifying various means and methods of support and the value they provide while grieving

| | Title | Topic | Task of Grieving | Light for the Night |
|---------|--|---|------------------------------------|--|
| Group 1 | Value in Peer Support | Understanding the benefits of group support while grieving | Support Now and Always | 1 Thessalonians 5:11 <i>Therefore encourage one another and build each other up, just as in fact you are doing.</i> |
| Group 2 | Sharing my Grief Story with Others | Learning to share the grief story with supportive individuals | Accepting the Reality of the Death | Galatians 6:2 <i>Carry each other's burdens, and in this way you will fulfill the law of Christ.</i> |
| Group 3 | The Many Methods of Support | Identifying social and emotional support networks and means of support beyond relationships | New Self-Identity | Isaiah 41:10 <i>So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.</i> |
| Group 4 | Sharing Memories with Others | Encouraging the value of memories and the importance of sharing them | Remembering | Philippians 1:3 <i>I thank my God every time I remember you.</i> |
| Group 5 | When Support Fails | Uncovering secondary losses in the lack of support from others | Embracing the Pain | Psalm 118:6, 8: <i>The Lord is with me; I will not be afraid. What can mere mortals do to me? It is better to take refuge in the Lord than to trust in humans.</i> |
| Group 6 | The Support of Hope in God's Promises | Introducing the concept of hope as found in scripture | Searching for Meaning | Hebrews 10:23 <i>Let us hold unwaveringly to the hope we profess, for he who promised is faithful.</i> |

Unit 101



MOURNINGSTAR

Grief Curriculum for Small Groups

UNIT PURPOSE

Discovering how the holidays effects grief and understanding how to best manage throughout the season while grieving

| | Title | Topic | Task of Grieving | Light for the Night |
|---------|-----------------------------------|--|------------------------------------|--|
| Group 1 | Grief and Thanksgiving | Managing the conflicting emotions of thankfulness and pain. | Embracing the Pain | 1 Thessalonians 5:16-18 <i>Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.</i> |
| Group 2 | Grief Through the Seasons | Recalling grief stories through the lens of the four seasons | Accepting the Reality of the Death | Ecclesiastes 3:1-2 <i>There is a time for everything, and a season for every activity under the heavens: a time to be born and a time to die, a time to plant and a time to uproot,</i> |
| Group 3 | Preparing for the Holidays | Thinking ahead to make a plan for how the holidays will happen this year | Support Now and Always | Proverbs 22:3 <i>The prudent see danger and take refuge, but the simple keep going and pay the penalty.</i> |
| Group 4 | Christmas Treasures | Identifying and honoring the gifts of the person who died | Remembering | James 1:17 <i>Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.</i> |
| Group 5 | Reflecting on the Year | Looking back to celebrate resilience in the face of both up's and down's | New Self-Identity | Psalm 147:3 <i>He heals the brokenhearted and binds up their wounds.</i> |
| Group 6 | Hope for the New Year | Looking to the future and establishing goals | Searching for Meaning | Jeremiah 29:11 <i>"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."</i> |

Unit 102

Unit 103

THE ART OF LAMENT

MOURNINGSTAR

Grief Curriculum for Small Groups

UNIT PURPOSE

An introduction to the expression of biblical lament and how it can help and guide us in grieving

| | Title | Topic | Task of Grieving | Light for the Night |
|---------|-------------------------------|---|------------------------------------|---|
| Group 1 | What is Lament? | Understanding lament as a mean to express grief | Support Now and Always | Psalm 13:2a <i>How long must I wrestle with my thoughts and day after day have sorrow in my heart?</i> |
| Group 2 | My Cry to God | Bringing our personal story to God through lament | Accepting the Reality of the Death | Jonah 2:2 <i>He said: "In my distress I called to the LORD, and he answered me. From deep in the realm of the dead I called for help, and you listened to my cry."</i> |
| Group 3 | The Prayer of Pain & Petition | Expressing pain through lament | Embracing the Pain | Psalm 142:1-2 <i>I cry aloud to the LORD; I lift up my voice to the LORD for mercy. I pour out before him my complaint; before him I tell my trouble.</i> |
| Group 4 | The Prayer of Anger | Expressing anger through lament | Embracing the Pain | Ephesians 4:26-27 <i>"In your anger do not sin": Do not let the sun go down while you are still angry, and do not give the devil a foothold.</i> |
| Group 5 | The Prayer of Questioning | Expressing the questions of grief through lament | Searching for Meaning | Isaiah 55:8-9 <i>"For my thoughts are not your thoughts, neither are your ways my ways," declares the LORD. "As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts."</i> |
| Group 6 | The Prayer of Hope | Worshipping God in the "yet" circumstances | New Self-Identity | Micah 7:7 <i>But as for me, I watch in hope for the LORD, I wait for God my Savior; my God will hear me.</i> |

Unit 103



MOURNINGSTAR

Grief Curriculum for Small Groups

UNIT PURPOSE

Discovering areas of self-care for overall health and well-being and understanding the importance of caring for each area while grieving

| | Title | Topic | Task of Grieving | Light for the Night |
|---------|----------------------------------|---|------------------------------------|---|
| Group 1 | The Parts of the Whole | An overview of caring for ourselves in grief | Support Now and Always | Isaiah 58:11 <i>The LORD will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail.</i> |
| Group 2 | The Parts of the Whole: Mind | Telling funeral stories through the therapeutic method of writing | Accepting the Reality of the Death | 2 Timothy 1:7 (KJV) <i>For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.</i> |
| Group 3 | The Parts of the Whole: Body | Maintaining complete physical wellness | New Self-Identity | 1 Kings 19:5-7 <i>All at once an angel touched him and said, "Get up and eat." He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again. The angel of the LORD came back a second time and touched him and said, "Get up and eat, for the journey is too much for you."</i> |
| Group 4 | The Parts of the Whole: Spirit | Continuing a meaningful connection through memories | Remembering | Deuteronomy 4:9 <i>Only be careful, and watch yourselves closely so that you do not forget the things your eyes have seen or let them fade from your heart as long as you live. Teach them to your children and to their children after them.</i> |
| Group 5 | The Parts of the Whole: Soul | How connecting with God brings comfort | Searching for Meaning | Psalms 8:3-4 <i>When I consider your heavens, the work of your fingers, the moon and the stars, which you have set in place, what is mankind that you are mindful of them, human beings that you care for them?</i> |
| Group 6 | The Parts of the Whole: Laughter | Finding hope through laughter | Support Now and Always | Ecclesiastes 3:1, 4 <i>There is a time for everything, and a season for every activity under the heavens: a time to weep and a time to laugh, a time to mourn and a time to dance...</i> |

Unit 10A

Unit 201



PEARLS OF GRIEF

MOURNINGSTAR

Grief Curriculum for Small Groups

UNIT PURPOSE

Learning to trust God with the process of grief

| | Title | Topic | Task of Grieving | Light for the Night |
|---------|---|--|------------------------------------|---|
| Group 1 | Trusting God with our Pain | Exploring how God shapes us through grief | Searching for Meaning | Proverbs 3:5 <i>Trust in the LORD with all your heart and lean not on your own understanding</i> |
| Group 2 | Cracking Open Your Shell | Bravely opening-up our grief stories | Accepting the Reality of the Death | John 11:35 <i>Jesus wept.</i> |
| Group 3 | Irritants to Grief | Untangling guilt and regret to cope and learn | Embracing the Pain | Isaiah 43:18-19 <i>Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.</i> |
| Group 4 | The Intentional Work of Grieving | Ways of caring for oneself in grief through movement, breath, and reflection | New Self-Identity | Mark 6:31 <i>Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest."</i> |
| Group 5 | Creating a Dive Team | The importance of developing a support system | Support Now and Always | Proverbs 17:17 <i>A friend loves at all times, and a brother is born for a time of adversity.</i> |
| Group 6 | Hope in the Struggle of Grief | Celebrating the beauty that comes from pain | Searching for Meaning | Job 23:10 <i>But he knows the way that I take; when he has tested me, I will come forth as gold.</i> |

Unit 201

Unit 202

GRIEF AND THE HOLIDAYS

MOURNINGSTAR

Grief Curriculum for Small Groups

UNIT PURPOSE

Understanding and preparing for the effect grief has on us during the holidays

| | Title | Topic | Task of Grieving | Light for the Night |
|---------|---|---|------------------------------------|---|
| Group 1 | An Active Approach to the Holidays | Identifying how the weight of the holiday's impacts grief | Support Now and Always | Matthew 11:28 <i>"Come to me, all you who are weary and burdened, and I will give you rest."</i> |
| Group 2 | Unloading Grief Stories | Narrating our grief stories to lighten our holiday load | Accepting the Reality of the Death | Psalms 55:22 <i>Cast your cares on the LORD and he will sustain you; he will never let the righteous be shaken.</i> |
| Group 3 | Cherishing Memories | Honoring through the intentional gathering of memories | Remembering | Luke 2:19 <i>But Mary treasured up all these things and pondered them in her heart.</i> |
| Group 4 | Bah-Humbug Days | When our feelings are at odds with the holiday spirit | Embracing the Pain | Ecclesiastes 7:14 <i>When times are good, be happy; but when times are bad, consider this: God has made the one as well as the other. Therefore, no one can discover anything about their future.</i> |
| Group 5 | Anticipating the New Year | Honoring through the creation of new rituals | Searching for Meaning | Lamentations 3:22-23 <i>Because of the LORD's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.</i> |
| Group 6 | Holding on to Hope | Finding a path to hope in the new year | New Self-Identity | Romans 8:24-25 <i>For in this hope we were saved. But hope that is seen is no hope at all. Who hopes for what they already have? But if we hope for what we do not yet have, we wait for it patiently.</i> |

Unit 202

Unit 203

INDIVIDUALIZED GRIEF

MOURNINGSTAR

Grief Curriculum for Small Groups

UNIT PURPOSE

Understanding how our uniquely created personalities affect the way we grieve

| | Title | Topic | Task of Grieving | Light for the Night |
|---------|-------------------------------|--|------------------------------------|---|
| Group 1 | My Grief is Unique | Acknowledging how personality traits influence grief | Support Now and Always | Psalm 139:1-4 <i>You have searched me, LORD, and you know me. You know when I sit and when I rise; you perceive my thoughts from afar. You discern my going out and my lying down; you are familiar with all my ways. Before a word is on my tongue you, LORD, know it completely.</i> |
| Group 2 | My Story is Unique | Replaying the funeral or memorial service | Accepting the Reality of the Death | Psalm 139:15-16 <i>My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be.</i> |
| Group 3 | My Person was Unique | Reminiscing on the special traits of the person who died | Remembering | Psalm 139:13-14 <i>For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.</i> |
| Group 4 | The Masks I Wear | Uncovering the masks that hide our feelings | Embracing the Pain | Psalm 139:2 <i>Search me, God, and know my heart; test me and know my anxious thoughts.</i> |
| Group 5 | What I Tell Myself | Exploring Self-Talk and the power of positive thinking | New Self-Identity | Psalm 139:17-18 <i>How precious to me are your thoughts, God! How vast is the sum of them! Were I to count them, they would outnumber the grains of sand— when I awake, I am still with you.</i> |
| Group 6 | Growing Closer to Hope | Discovering the possibility of growing through the experience of grief | Searching for Meaning | Psalm 139:5-6 <i>You hem me in behind and before, and you lay your hand upon me. Such knowledge is too wonderful for me, too lofty for me to attain.</i> |

Unit 203



MOURNINGSTAR

Grief Curriculum for Small Groups

UNIT PURPOSE

Discovering the many ways grief affects our minds and emotions and finding ways to cope

| | Title | Topic | Task of Grieving | Light for the Night |
|---------|--------------------------|--|------------------------|---|
| Group 1 | Grief Reactions | Normalizing grief responses and their unpredictable nature | Support Now and Always | Isaiah 43:2 <i>When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.</i> |
| Group 2 | Shock and Numbness | Telling grief stories with a focus on aspects that are still hard to believe | Accepting the Reality | Psalm 23:4 <i>Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.</i> |
| Group 3 | Anger Outlets | Accepting anger and providing steps to resolving it | Embracing the Pain | Proverbs 14:29 <i>Whoever is patient has great understanding, but one who is quick-tempered displays folly.</i> |
| Group 4 | Worries and Fears | Discussing worries and fears and finding positive ways to cope | New Self-Identity | Philippians 4:6-7 <i>Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.</i> |
| Group 5 | Depression from Grief | Gaining a greater understanding of the depression that comes with grief | Embracing the Pain | Psalm 34:18-19 <i>"The Lord is near to the brokenhearted and saves the crushed in spirit. Many are the afflictions of the righteous, but the Lord delivers him out of them all".</i> |
| Group 6 | Hope through Reminiscing | Recalling the past to make hope for the future possible | Remembering | Isaiah 40:30-31 <i>"Even youths grow tired and weary, and young men stumble and fall; but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."</i> |

Unit 204