

RENEW 2020

Session Three: Mourning Our Losses

To mourn is the process of facing reality and letting go of expectations.

Discussion Questions

- What is the hardest part of facing reality and letting go of expectations?
- Is there anyone or anything currently in your life that you have not mourned? If you're comfortable, share with the group.
- Tell a time when you saw hope come out of suffering in your own life.

When forgiveness provides justification for avoiding entry into the heartache of our stories, it is a form of cheap grace.

Dan Allender, Healing the Wounded Heart

Resource: The Complicated Heart Podcast, sarahmae.com/thecomplicatedheartpodcast

SarahMae.com

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