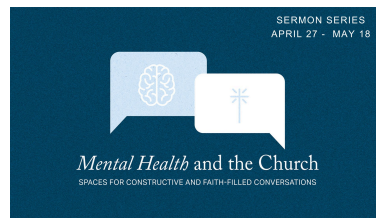


Sermon-Based Bible Study Group**May 4, 2025**

“Grief” - #2 in the series *Mental Health and the Church: Spaces for Constructive and Faith-filled Conversations*

Texts Referenced (NLT): Ruth 1:1-5, 14-21; Matt. 26:36-39

1. What stood out to you about the message?
2. Grief, usually associated with the loss of a loved one, can also accompany the end of a relationship, a major life transition, or a traumatic life experience.
 - How has a grief experience significantly impacted your sense of well-being or mental health?
 - What did you learn about yourself through that experience?
3. **Read Ruth 1: 1-5, 14-18.**
 - How do these verses help us understand the contextual and personal aspects of Naomi’s grief resulting from the loss of her husband and sons?
 - What does Ruth’s insistence that she will not leave say about her commitment to Naomi?
4. **Read Ruth 1: 19-21.**
 - What does Naomi’s wish to be called by another name tell us about the impact of her grief?
 - Why does society, often including the church, minimize the impact of grief on mental health?
5. Grief expert David Kessler writes, “Each person’s grief is as unique as their fingerprint. But what everyone has in common is that no matter how they grieve, they share a need for their grief to be witnessed.”
 - What do you think he means by “a need for their grief to be witnessed”?
 - Who has helped you, been a witness, in a time of grief?
6. **Read Matthew 26: 36-39.**
 - How does Jesus’ expression of grief affirm that experiencing grief does not indicate a weak or flawed faith?
 - How can Hope be more sensitive to issues of grief and mental health, to be a “Ruth”?
7. How can we pray for you?