

Walking with Ghosts: Grief

Main Idea

Jesus cares for our grief so we don't have to carry our pain alone.

Starter

If you could go anywhere in the world for a week, where would you want to go? Why?

Discuss

What is something you are grateful for and something you are grieving in your life right now? (1–2-minute version)

Spend some time praying together before you start your Scripture discussion.

Scripture

Read [John 20:11-18](#) and discuss:

- If you talked to Mary before this encounter with Jesus, how do you think she would have described her grief?
- How does this encounter with Jesus give her hope?
- What is a way Jesus has comforted you or that you have been able to comfort someone else in a painful situation recently?

Apply

Before you close your group, give everyone 10 minutes to spend alone with God to read [Romans 8:18-39](#) and reflect on the following questions:

- Which truth or promise in this passage do you need to embrace more in your life right now?
- How can we pray for you?

Bring your group back together and break up into smaller groups of 2-3 to share your reflection and pray for each other.