

Walking with Jesus this week

MONDAY 08/26/19

Read Psalm 34:1-7; 15-18. Read it several times. What phrase or verse seems to be making a claim on your heart? Repeat it to yourself throughout the day. Pray it. Write it on a post-it note and put it somewhere you will see it today.

TUESDAY 08/27/19

Read John 11:1-44, the story of the raising of Lazarus. What are signs that this is a story of grief in the extended family? Even knowing that Lazarus will be raised, Jesus weeps for his death and for the grief of his family and friends. What is familiar or similar to your experience?

WEDNESDAY 08/28/19

Read "The Well of Grief" by David Whyte. What are the round coins that can only be retrieved in our turn to grief?

Those who will not slip beneath / the still surface on the well of grief, / turning down through its black water / to the place we cannot breathe, / will never know the source from which we drink, / the secret water, cold and clear, / nor find in the darkness glimmering, / the small round coins, / thrown by those who wished for something else.

THURSDAY 08/29/19

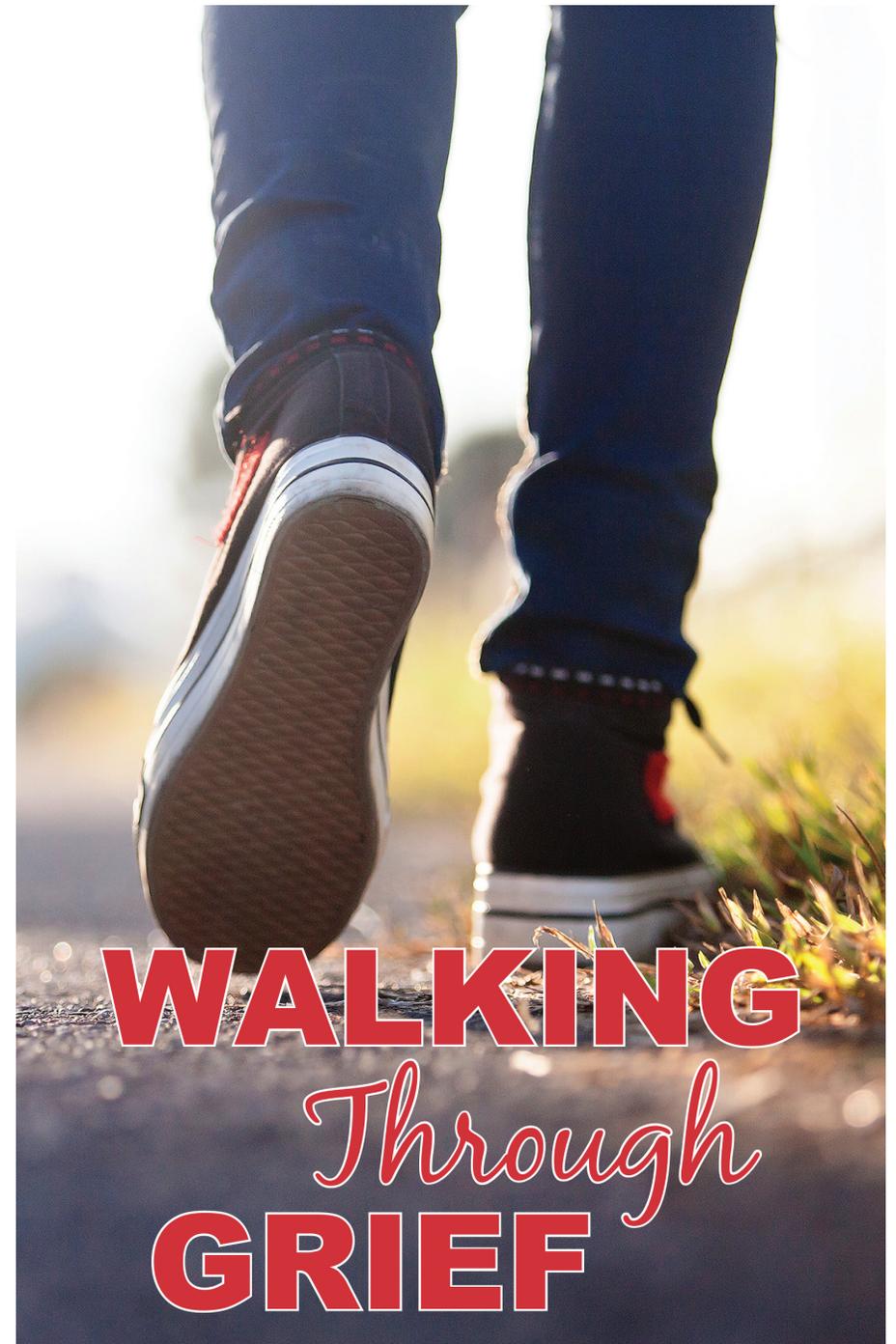
Read John 16:19-22. In this teaching, Jesus illuminates the connection between grief and joy in our human experience. What images or metaphors help you to imagine this relationship (e.g. tidal cycles, ebbs and flows, doors close/windows open, etc.)

FRIDAY 08/30/19

Read Ecclesiastes 7:1-14. Read it through several times. What phrase or verse seems to be making a claim on your heart? Repeat it to yourself during the day. Pray it. Write it on a post-it note and put it somewhere you will see it today.

SATURDAY 08/31/19

Reflect on this verse from last Sunday's hymn of the day, "Holy God, Holy and Glorious," (ELW 637): "Holy God, holy and living one, life that never ends, you show your love by dying, dying for your friends, and we behold you living." Pray that God will help you to see through death and to be able to behold the ongoingness of the spirit of divine life in all things.



WALKING THROUGH GRIEF

“Walking through Familial Grief”

August 24 and 25, 2019

Pam Shellberg, Director of Lifelong Faith Formation

What traditions does your extended family practice that have influenced how you learned – or failed to learn – how to experience and express your grief?

In biblical writings, to “behold” something is to see as God sees, to see through what is immediately before us, and to perceive the sacred character of all things. Where have you experienced the difference between “seeing” and “beholding”?

Jesus touches the suffering of the bent woman and heals her by laying his hands on her. The American Sign Language sign for Jesus is alternately touching the palm of one hand with the middle finger of the other. What does this sign communicate to you about the character of Jesus Christ?

Jesus calls the bent woman a “daughter of Abraham,” showing that she has an identity most profoundly shaped by the blessings promised to Abraham and which are her inheritance. What identity markers in your family and/or in the Bethel Lutheran Church family anchor and sustain you when the family changes though death or other losses?



This image captures the ambiguity of change and grief. Simultaneously something disappears and something new emerges. What has disappeared that we are grieving? How can it help us welcome what comes into newly opened spaces?

Grief Support Group

Sept 19 & 26; Oct 3 & 10

As a follow-up to the **Walking through Grief** sermon series, the pastoral staff at Bethel is offering Grief Support Groups.

Details known at this time include:

- 4 Session Series; Sept 19 & 26; Oct 3 & 10
- Offered twice each Thursday (1-2:30pm and 5:30-7pm)
- Materials will be provided
- Pre-registration is requested
- Maximum size of each group: 10 people

Please contact Pastor Margo (margo@bethel-madison.org or 608.843.3245) to register, or with questions. Please know that we honor grief experiences of all dimensions, whether this is loss of a loved one, loss of job, change in marital status, or any other grief that is part of your life.