

# LIFE IN A GRIEVING WORLD

## SMALL GROUP | FAITH IN AN ANXIOUS WORLD

### LEADER REFLECTION

This session explores the reality of sadness, loss, and grief. Kids experience grief in many ways—not just through death, but also through broken friendships, moving, changes in family, or missing something important to them. We want to help students understand that feeling sad or grieving is not something to hide—it's something we can bring to God and share with others.

This week's Scripture tells the story of Jesus weeping when his friend Lazarus died. Even though Jesus would bring Lazarus back to life, He still stopped to feel the sadness. That shows us it's okay to cry. It's okay to feel. And we are not alone in it.

### BIG IDEA

Everyone experiences grief. Jesus knows what it feels like to be sad. He stays with us when we hurt and helps us carry our sorrow.

### LEADER TIP

This session may bring up big feelings. Let kids know they can talk after group with a leader if something feels heavy or confusing.

### SUPPLIES

- Bible or printed Scripture (John 11:1-44)
- Charade Prompts
- Grief Journal Page
- Handout page x1 per student
- Tissues (just in case)
- Optional calming music or candle (battery-operated)



# **LIFE IN A GRIEVING WORLD**

## **SMALL GROUP | FAITH IN AN ANXIOUS WORLD**

### **LOSS CHARADES**

Leader Tip: validate and ensure students are aware these are real-life hurts and losses experienced by students in their group. Give space for students to engage about this, if they wish.

How to play:

1. One student picks a slip and silently acts out the situation.
2. Others try to guess what kind of loss is being shown.
3. After each round, ask: "How might someone feel in that situation?"

Purpose: Helps normalize different types of grief and opens conversation.

### **BIBLE STORY**

JOHN 11:1-44 — JESUS RAISES LAZARUS

Tell or read the story.

Say: Lazarus was very sick, and his sisters, Mary and Martha, asked Jesus to come. But Jesus arrived after Lazarus had already died. Everyone was crying. And even though Jesus knew he was going to bring Lazarus back to life...

Read aloud John 11:35: "Jesus wept."

Ask:

- Why do you think Jesus cried?
- What does that show us about how Jesus feels when we're sad?
- Have you ever cried when someone else was hurting?

Say: Jesus shows us that it's okay to feel sadness and to cry. He doesn't leave us alone in our pain. He joins us in it.

### **GRIEF JOURNAL PAGE**

Hand out paper and crayons/pencils.

Invite students to quietly draw or write:

- Something or someone they've lost (can be small or big)
- How that made them feel
- What helped them feel a little better (if anything)

Say: You don't have to share unless you want to. This is just between you and God.

Ask: What would you want to say to God about that loss?



## **DISCUSSION**

- 1.What did you notice about Jesus in the story?
- 2.How do you feel when someone you care about is sad?
- 3.Has anything made you feel really sad this year?
- 4.What helps you feel a little better when you're hurting?
- 5.How does it help to know that Jesus cries too?

## **GRIEF DOESN'T HAVE TO BE JUST THE BIG THINGS**

Sometimes we feel loss when:

- A pet dies
- We have to move
- We stop being friends with someone
- We don't make the team
- Something special ends

It's okay to feel those things. Talk to someone you trust.

## **DAILY REPLAY: PRAYER PRACTICE**

Review the 5-step prayer. Encourage students to use this when they feel sad.

- 1.Be Still — Take a deep breath. Know God is with you.
- 2.Say Thank You — Even on hard days, there's something good.
- 3.Notice — What made you sad today?
- 4.Forgive — Ask God to help with pain or anger
- 5.Ask — Invite God to help tomorrow feel a little lighter



# **JUNIOR COMPANY TAKE HOME**

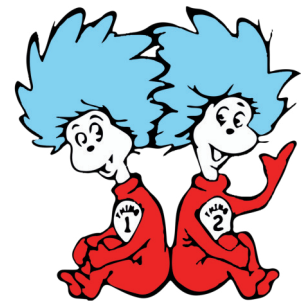
“The Lord is close to the brokenhearted  
and saves those who are crushed in  
spirit.” —Psalm 34:18

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## **GROW YOUR CIRCLE**

You don't have to deal with big feelings like worry or sadness all by yourself. Talking to your parent or caregiver about how you feel can really help.

This week, try to spend a little time with a parent or trusted grown-up just to talk and connect. You can use the questions below to help you start the conversation.

Can I tell you about something that made me feel really sad? I want to talk about it...

Most days I feel...

I'm worried about...

It helps me feel better when I...

It helps me feel better when you...

I know I can talk to you about... but I'm not sure how you'll react if I talk to you about...

Have you ever felt...

### **Write down who you met with and what they shared that helped you:**

I met with:

On this day:

At this place:

Helpful things they said:

The death of a pet	A close friend moving away
Parents separating or divorcing	Losing touch with a friend
A favourite teacher or coach leaving	Not making a team or cast
Losing a friendship because of conflict	A family member becoming sick
Moving to a new home or city	Not being able to see a loved one as often
Losing a sense of safety after a scary event	Losing confidence after failing or making a mistake
Feeling left out or excluded from a group	Losing something meaningful
Losing time with a parent or caregiver because of work	A favourite activity or program ending

**Name:**

Loss I've experienced



Empty box for writing about loss experienced.

How it made me feel



Empty box for writing about how it made me feel.

Things that made me feel better



Empty box for writing about things that made me feel better.



**Name:**

Loss I've experienced



Empty box for writing about loss experienced.

How it made me feel



Empty box for writing about how it made me feel.

Things that made me feel better



Empty box for writing about things that made me feel better.

