













## Small Group/ Reflection Notes

	18-01-2026	Good grief
 Start	<input type="checkbox"/> Play a game of Synonyms. Begin with a word (e.g. eating, confident, urinate, death). The group/ you have 60 seconds to name words/ phrases that convey the same meaning/ action.	
 Discuss	<input type="checkbox"/> Why do we sometimes avoid saying the word 'death' or dying', preferring instead to use a euphemism? <input type="checkbox"/> When have you grieved the loss of <i>something</i> or <i>someone</i> ? <input type="checkbox"/> How can we support someone who is grieving? <input type="checkbox"/> How can Christians help people engage with death and dying? Why? <input type="checkbox"/> <i>"When we're angry/ raging at God, deep down, we're accepting that God not only exists but is listening to us."</i> Discuss. <input type="checkbox"/> Why is grief natural (and healthy), even when we've got strong Christian faith?	
 Read	<a href="#">John 11:17-33</a>	 Listen again <a href="http://ChesterRoadBaptist.org.uk/Watch">ChesterRoadBaptist.org.uk/Watch</a> <a href="http://ChesterRoadBaptist.org.uk/Talks">ChesterRoadBaptist.org.uk/Talks</a>
 Study	<p>v.17-19: How might Jesus' 4-day delay have added to Martha &amp; Mary's distress? What are good ways to respond when you hear someone has been bereaved?</p> <p>v.20-21: What do you hear in <i>Martha's</i> statement? Have you ever felt angry with God?</p> <p>v.22-26: How did Jesus respond to Martha's anger? How do we avoid Biblical truths becoming religious platitudes/ cliches? How can we hold two truths simultaneously: <i>'God is good'</i> and <i>'I am hurting'</i>?</p> <p>v.27-28: Why might to His face Martha have called Jesus 'the <i>Messiah</i>', but to her sister referred to Him as 'the <i>teacher</i>'?</p> <p>v.29-32: What do you hear in Mary's statement? How was Mary's reaction different to Martha's? Why is it important to remember that grief is different for each person?</p> <p>v.33-35: Who was Jesus weeping for? If Jesus knew what He was about to do, why did He still weep? What does this say about Jesus?</p> <p>v.36-37: How can we respond when people say, 'Why do bad things happen to good people?'</p>	
 Go further	<input type="checkbox"/> How is Jesus 'the resurrection and the life'? (John 11:25-26) <input type="checkbox"/> Why is Jesus 'the resurrection and the life'? (John 11:25-26) <input type="checkbox"/> What does it mean to be 'believe in me'?	
 Reflect	<input type="checkbox"/> Which verse stands out to you? Why do you think it grabs your attention? <input type="checkbox"/> Which verse(s) will you need to think more about? Why? <input type="checkbox"/> Jesus said, "I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die." (John 11:25-26) Do <u>you</u> believe this? Why? How? When?	

 Do	<input type="checkbox"/> Find out about grief support. For example, check out Cheser Road's Good Grief support group: <a href="http://ChesterRoadBaptist.org.uk/GoodGrief">ChesterRoadBaptist.org.uk/GoodGrief</a>
 Pray	<p>Use the Breathe! Healing &amp; Wholeness format to pray for those who are sick or in need of God's intervention. No need for details; simply name them before God.</p> <p>One person says: Spirit of God, enter the life of [ _____ ], Your much-loved child. Come with Your healing and wholeness, Your peace, and Your freedom.</p> <p><b>All respond:      Together, we ask this in the powerful name of Jesus Christ.</b></p> <p>Repeat, with someone else praying for another person. Keep going till you run out of people to name before God.</p>
 My questions:	

Access Small Group/ Reflection notes from: [ChesterRoadBaptist.org.uk/Notes](http://ChesterRoadBaptist.org.uk/Notes)

*If you're not yet in a small group, why not join one! Check out :* [ChesterRoadBaptist.org.uk/SmallGroups](http://ChesterRoadBaptist.org.uk/SmallGroups)

*Can't see a group to suit your availability/interest? Start one!* [SmallGroups@ChesterRoadBaptist.org.uk](mailto:SmallGroups@ChesterRoadBaptist.org.uk)

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