

**NOTES: The Treasures in Grief and Loss**  
**Compelled Church, October 9-10, 2021**  
**Pastor Nate Elarton and Pastor Rick Flood**

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**John 11.17-35**

“Years of minimizing loss creates an inability to face our pain and suffering.”

Why do we resist?

1. We do not want to lose control
2. We do not want our life interrupted

“Healing only begins the moment we face the realities of our loss and let go of the illusion of control.”

Henri Nouwen

**Processing Grief and Loss**

1. Pay attention to pain

*“During the days of Jesus’ life on earth, he offered up prayers and petitions with fervent cries and tears to the one who could save him from death, and he was heard because of his reverent submission.” (Hebrews 5.7)*

2. Wait in the confusing in-between
3. Allow the old to birth the new

**Five Treasures during Loss and Grief**

**1. God offers us revelation of Himself.** *“Blessed are those who mourn, for they will be comforted.” (Matthew 5.4, NIV)*

**2. God makes us softer and more compassionate**

The degree which we grieve our own losses is in direct proportion to the depth and quality of the compassion we can offer to others.

**3. God gives us greater revelation of ourselves.**

**4. God makes us more of our true self in Christ**

**5. God makes us more truly alive to our world- it is great**

We don’t grow from experiencing loss but we grow from understanding, processing, and immersing ourselves in our loss.

As a church and a people

We need to identify and reflect on our losses- feel, cry, grieve

We need to give each other permission to grieve and remember to be present, lovingly silent.

We need to acknowledge our losses and our pain and suffering because of them.

**What do you need to lose to gain?**

**What losses have you experienced where there could be treasures?**

**Sermon Discussion Questions: The Treasures in Grief and Loss**  
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1. Read John 11.17-35
2. What are some of the emotions you see of Jesus? How did he express them?
3. Have you ever heard a teaching on loss and suffering? What did you think of this weekend's message?
4. What losses have you experienced and are experiencing right now?
5. Pastor said we resist losses for the following 2 reasons. Do you agree? Can you identify with this? How? Why?

1. We do not want to lose control
2. We do not want our life interrupted

6. Why are we taught to stuff down our pain when we have losses? Why do we do it?
7. Losses can also be the catalyst for something new in our lives. Have you experienced a loss and then something new was birthed in your life? Would you share that?
8. Have you experienced your compassion to others experiencing loss and grief because you have? What was your loss and when did you sense your compassion has increased?
9. Jesus said we are blessed when we mourn for he will comfort us (Matthew 5.3). How have you experienced the comfort of Jesus through loss?
10. How does this quote make you feel?  
*We don't grow from experiencing loss, but we grow from understanding, processing, and immersing ourselves in our loss.*
11. Pastor said to us all the following 3 statements. Which one do you think is the most needed and why?

As a church, and a people

We need to identify and reflect on our losses- Feel, cry, grieve, and take time off.  
We need to give each other permission to grieve. And remember to be present, lovingly silent.  
We need to acknowledge our losses and our pain and suffering because of the loss.