

Episode 22 and 23: “The Way” through the Sacred Gap (Parts 2 and 3): Staying in the pain (An apprenticeship story of grief and comfort)

Discovering your invitation into grief.

Reflection Questions:

- How would you characterize the role of faith in your life?
 - Are you religious?
 - Practically speaking, what does that mean?
 - What more accurately describes your inner world...exhaustion or peace?
 - Take a closer look, why did you answer the way you did?
 - What most accurately describes your relating to Jesus...knowledge and activity or following his invitation into healing, wholeness, and freedom?
 - Do you experience delight, joy, celebration, and affirmation from God toward you?
 - Do you feel seen, heard, known, and understood from God and your community?
 - When you fall short, do you run to God for comfort or are you compelled by shame to hide?
 - Are you comfortable being radically vulnerable/broken before him?
 - Are you able to practice vulnerability with a community of trusted family/friends/believers?
 - What do you cling to for worthiness, security, control?
 - Health?, Loved ones/family?, Wealth?, Plans?, Career?, Home?, Achievement/Activity?, Sense of God’s felt-presence?, Being valued/praised?
 - What would happen if it was taken?
 - Has that been taken?
 - What is Jesus inviting you to do with that pain?
 - Stay in it?
 - Name it?
 - Take a step into fear?
 - Confess something?
 - See and name need?
 - Step deeper into forgiveness?
 - Practice vulnerability?
 - With him?
 - With others?