
- S E N D -

How can those around the table be praying for you this week?

TABLE PRAYERS
DOXOLOGY

EMOTIONALLY HEALTHY SPIRITUALITY
THROUGH THE WEEK

Continue to reflect on this topic in your quiet time this week.
Spend some time journaling your answers to these questions:

- What is one loss you experienced during the Covid years?
 - How did you handle that loss?
 - How could you fully grieve that loss and what would it change?
- Name one or two limits in your life:
 - Have you accepted them or tried to push past them?
 - How might those limits actually be a gift?

Continue to practice silence & the evening examen.

- If you haven't started, try them this week!
- If you have started, could you add a "silence break" into the middle of your day somewhere this week?

Remember that we are working to expand the space between stimulus & response to make room for God to speak and move.

What has impacted you most during this series?

What is the most challenging lesson or practice?

Where do you sense God inviting you to grow right now?

United Church of Cohoes

AUGUST 14, 2022

EMOTIONALLY HEALTHY SPIRITUALITY
WEEK 6: ENLARGE YOUR SOUL THROUGH GRIEF AND LOSS

ORDER OF SERVICE

GATHER

Welcome
It Is Well With My Soul
Morning Office

PRAISE

No Longer Slaves
Great Are You Lord

LISTEN

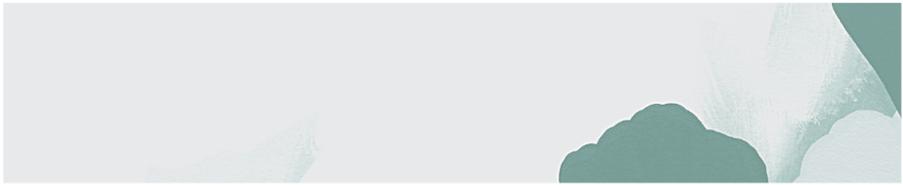
Matthew 26: 36 -44
Psalm 221-11 & 19-31
Reflection

APPLY

Table Conversations

SEND

Prayer
Doxology



United Church of Cohoes

EMOTIONALLY HEALTHY SPIRITUALITY

WEEK 6: ENLARGE YOUR SOUL THROUGH GRIEF AND LOSS
AUGUST 14, 2022

- GATHER -

IT IS WELL WITH MY SOUL

Breath Prayer
Silence

ECCLESIASTES 3: 1-8

There is a time for everything,
and a season for every activity under the heavens:

a time to be born and a time to die,
a time to plant and a time to uproot,
a time to kill and a time to heal,
a time to tear down and a time to build,
a time to weep and a time to laugh,
a time to mourn and a time to dance,
a time to scatter stones and a time to gather them,
a time to embrace and a time to refrain from embracing,
a time to search and a time to give up,
a time to keep and a time to throw away,
a time to tear and a time to mend,
a time to be silent and a time to speak,
a time to love and a time to hate,
a time for war and a time for peace.

Consider:

What "autumn" are you facing in your life right now?
Ask God to show you the seeds growing beneath the surface.

Silence

- PRAISE -

Build My Life
Abide

- LISTEN -

Matthew 26: 36 -44
Psalm 221-11 & 19-31

MESSAGE

- APPLY -

PERSONAL REFLECTION

Below is a common list of defenses we use to protect ourselves from grief and loss. Take a minute on your own to check off the ones you typically use:

- Denial
- Minimizing
- Blaming (others or God)
- "Over-Spiritualizing"
- Blaming Yourself
- Rationalizing
- Over-Analyzing
- Distracting
- Hostility/Anger
- Medicating
(addiction/habit to numb)
- How would it change your prayer life to bring God all of what is in you & not just what you think he wants?
- What would it look like for you to mature by letting yourself feel grief and loss instead of avoiding them?

TABLE CONVERSATION

- Remembering that Jesus was fully God & fully human helps us see the areas where we need to grow in our own lives. Look back at verses 36-41 and focus on Jesus.
 - How did he deal with and move through grief & loss?
 - How does that look different than the way we often do?
- What about Jesus' example of grieving is most challenging or encouraging to you right now?
- What does it look like to pray "Not my will but yours, God" in your own life? Why is that difficult?