



ACCFS Courses

Course Notes

Lessons on Grief



APOSTOLIC CHRISTIAN

Counseling and Family Services

Helping the hurting. Nurturing hope. Encouraging growth.

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Table of Contents

Introduction	2
Lesson 1: Grief Emotions and Feelings	3
Lesson 2: Who Is God?	5
Lesson 3: Transitioning	7
Lesson 4: Action to Heal Grief Emotions	9
Lesson 5: Tests & Temptations in Grief	12
Lesson 6: Identity	14
Lesson 7: Security	16
Lesson 8: Purpose	18
Scriptures for Healing	22

These course notes were created to accompany participants enrolled in the ACCFS Lessons on Grief Course.

Introduction

Losing a Loved One

Purpose of this Course: This course, written by someone who has walked through a personal journey of grief, is designed to provide community and discussion for those who have lost a loved one. It contains eight lessons, each centered on a theme which is often experienced by those who journey through grief. The course is designed to facilitate a discussion, both online through comments as well as in face-to-face meetings, around these themes. These lessons are likely best-suited for participants who are still grieving but who are not necessarily in the initial phases of grief. The hope is that walking through the content and sharing together in a group format will be beneficial. This course is not meant to be the only solution for a grief support group, but we do pray it encourages community as part of one's grief journey. Each lesson has a closing activity where participants are encouraged to turn Scripture into prayer and share these prayers with God and with the others in the group. It is encouraged that each individual in the group walk through each lesson in the time allotted, comment on others' lessons as they are able, and then meet regularly, either virtually or face-to-face, to discuss the content and questions. May God be with you and bless you on your journey through grief.

Lesson 1

Grief Emotions and Feelings - Sitting with Pain

This lesson has two goals:

- Appreciate there is relief from pain that does not require fixing.
- Know there is a path through pain. What does it look like?

Watch the lesson intro video.

Intro video notes:

The Grief Cycle

Grieving often creates strong emotions that take over the will and mind of the person. Grieving individuals can be confused, numbed, in denial, scatter-brained, unable to think or make rash decisions, and unable to remember as well as they could before. This jumbled ball of emotions is quite normal. Often, these emotions seem to come in waves or “stages.” The video in the course highlights common stages of grief.

Video notes:

Blocking Beliefs

Sometimes, certain beliefs or thinking patterns can get fixed in our head and at times, keep us from moving on through different emotions of grief. We can find ourselves continually repeating these same thoughts over and over. A good first step is to learn to identify and be aware of these thoughts in our lives. They are sometimes called “blocking beliefs.”

Grief & Emotions

Emotions are God-given and not sinful. It is the actions taken due to our feelings, which can lead to sin. Thoughts lead to feelings and feelings lead to actions. There are a plethora of grief emotions that exist. Some grief emotions may include sadness, shock, anger, gladness, relief, thankfulness, terror, abandonment, guilt, fear, trauma, anxiety, vulnerability, regret, hope, being overwhelmed, and loneliness. With all or some of these emotions crashing to the forefront of your mind and hearts, you may become paralyzed for a little while. Making decisions or regaining control of yourself and/or assisting with children may be extremely difficult due to powerful emotions. This is all normal. The short video linked in the course illustrates Grief and Emotions.

Video notes:

Jesus experienced emotions and did not sin. Jesus experienced sorrow over the death of Lazarus. Scripture tells us “*Jesus wept*” over Lazarus’ death even while He knew He was going to eventually raise him from the dead. (*John 11:35*) Jesus did not keep his grief inside or deny it.

You need to cry too, just as Jesus did. It is okay to cry, and it is healthy to cry. Crying brings healing, and healing our grief emotions is the goal. In the book of Ruth, Naomi’s husband and two sons died. She expressed her sorrow by saying: “*Call me not Naomi, call me Mara: for the Almighty hath dealt very bitterly with me.*” (*Ruth 1:20*) When the mighty soldier Abner was killed, King David said: “*Rend your clothes, and gird you with sackcloth, and mourn before Abner. And King David himself followed the bier. And they buried Abner in Hebron: and the king lifted up his voice, and wept at the grave of Abner; and all the people wept.*” (*2 Sam 3:31-32*) The Bible records Job mourning when he says: “*For my sighing cometh before I eat, and my roarings are poured out like the waters. For the thing which I greatly feared is come upon me, and that which I was afraid of is come unto me.*” (*Job 3:24-25*)

Jesus brings comfort in *Matthew 5:4* by saying: “*Blessed are they that mourn: for they shall be comforted.*” The blessed hope of the resurrection is given by Apostle Paul where he writes that believers should remember the hope they have in Christ. (*1 Thessalonians 4:13*).

Lesson 2

Who Is God?

This lesson has two goals:

- Realize why knowing God is a comfort.
- Reflect on qualities of God that are comforting.

Watch the lesson intro video.

Intro video notes:

God is Good

As discussion continues about the death of your loved one and your journey through life without them, thinking about God is important. The Bible contains several descriptions of who God is. He is the creator and maker of all (*Genesis 1:26*). God is good and He is loving. God is merciful. He brings rain to the just and the unjust (*Matthew 5:45*). He is the faithful Savior sending us mercy to save us. (*Lamentations 3:23-24, Titus 3:4-5*) Our image of who God is can have a very large effect on our understanding of Him and how we approach life and circumstances. It is important that we align our view of God with the truth of the Scriptures. Learn more as you watch the short video considering our God image.

Video notes:

God is Sovereign

You may be thinking “but is God really in control?” The whole Bible explains how God is the one true God, who has planned the best for the earth, its creatures, and its people. It explains God’s heart for saving all humans who call out to Him, including you and your deceased loved one. For example, in *Genesis 6:7-8* God chose Noah in the great judgment flood to build the ark, to preach about the coming flood, and to be his representative to repopulate the whole earth. And Noah did God’s will. God chose Joseph, his afflictions and subsequent honor “*to preserve life*”. (*Genesis 45:4-5*) And Joseph, during hardship, did God’s will. King David, “*a man after God’s own heart*,” praises God for many things: His greatness; His power over those who reign in this world; His gifts of riches and honor for those in this world, and His strength that He gives to those who do His will (*1 Chronicles 29:11-12*). King David’s sins are recorded, but he did God’s will. And finally, you may be familiar with *Psalms 139:14-16*. This verse is where David personalizes his Creator’s power by acknowledging that he is fearfully and wonderfully made. The number of King David’s days are already written.

From these biblical characteristics of God, you can see that God is the giver and taker of life. He is sovereign over our birth, over our life, our money, our jobs and promotions, our end, and over all His creation. He is intricately involved in shaping and developing each of His creatures and giving them a reason for their existence. He does what pleases Him (*Psalms 135:6*). The Creator God, your Savior who loves you, is in charge.

Lesson 3

Decreased Loved One's "Work is Done" - Transitioning

This lesson has two goals:

- Understand the importance of transition.
- Consider how to transition.

Watch the lesson intro video.

Intro video notes:

Work is Done

When your loved one passes away, it is a shock to your body, soul, and spirit. It also may be a relief if your loved one was ill, suffering in pain, given a poor outlook, or if they required lots of care-giving. It takes time and talking to accept their death to yourself, to others, and to God. It takes time and talking to admit to yourself, to others, and to God, that they will not come home again. But understanding this reality is a must.

None of us know exactly what it looks like after death, but there are certain things we can be assured of from Scripture. If your loved one believed in Jesus for a resurrection, their destiny is with Him in heaven. Your loved one's soul and spirit is alive with Jesus. Your loved one is free of pain and suffering. They are not 6 feet under. Yes, the physical body is, but not the person. The soul and spirit of your loved one has departed the physical body. The body of your loved one is not feeling, thinking, listening, moving. Your loved one's work on earth is complete - it is finished.

Consider the following verses from God's Word:

"For as in Adam all die, even in Christ shall all be made alive. . . . So also is the resurrection of the dead. It is sown in corruption; it is raised in incorruption: . . . Behold, I show you a mystery; We shall not all sleep, but we shall all be changed, in a moment, in the twinkling of an eye, at the last trump; for the trumpet shall sound, and the dead shall be raised incorruptible, and we shall be changed. . . . But thanks be to God, which giveth us the victory through our Lord Jesus Christ." 1 Corinthians 15:22, 42, 51, 52, 57

Paul said, "I have fought a good fight. I have finished my course. I have kept the faith:" 2 Tim 4:7

David said, "My times are in thy hand:" Psalm 31:15a

Solomon said, "Whatsoever thy hand findeth to do, do it with thy might; for there is no work, nor device, nor knowledge, nor wisdom, in the grave, wither thou goest." Ecclesiastes 9:10

Transitioning

Transitions are a part of all of our lives, in big and small ways. In the context of grief, they are usually very difficult. Yet God is in the midst of these transitions just as he is in all transitions. Understanding and considering what transitions look like and how they impact our life is an important part of all of our journeys. Watch this short video to learn more.

Video notes:

Part of the grieving process is transitioning our memories, emotions, and feelings of our loved one from a present state to a past state. It is not forgetting or rewriting our past history, but it is realizing our loved one's earthly life is now in the past and remembering this past for the joy, sadness, pain, and reality it was. Often this process emerges as we use phrases like, "the reality is..." and "I remember when _____, but now _____." This transition takes time, but it is a healthy step.

Lesson 4

Action to Heal Grief Emotions

This lesson has two goals:

- Cast a vision for life after loss.
- Learn some skills for coping.

Watch the lesson intro video.

Intro video notes:

Being Intentional

The authors of *Traveling Through Grief-Learning to Live Again After the Death of a Loved One* write in the preface: “Our challenge is to speak not only to the heart of someone who has been torn by grief but also to the griever’s head, because we firmly believe that people need to be active and intentional about their grief in order to heal. We want to say a word that may have some healing power and to cast a vision of a life that can be fulfilling and rewarding again once a person has completed their journey through grief.”

Praying to Jesus for healing of your broken heart is your goal. Working through your grief emotions to bring healing to your broken heart is your goal. These grief emotions will not go away on their own, so you have to journey through them. Grief is not your identity. Grief is not your destiny. Grief is a road to be journeyed on for a time, but not a lifetime. Grief is a season. Your deceased loved one would want you to keep living after you have grieved them. The loneliness for your loved one may always be in your heart, but you will smile again. You will laugh again. You will experience joy in living again. There will be peace and healing. Just as Paul reminds you in *2 Corinthians 5:7*, “*We walk by faith, not by sight.*” We must believe God’s word and take action. *1 Peter 1:13* gives the directions... “*Wherefore, gird up the loins of your mind, be sober, and hope...*”. *The NASB translation calls us to “prepare your minds for action...”*.

Grieving includes crying, sobbing, talking with/to family and others. In a private place, grieving is praying, crying out, talking to, and asking questions of your Creator God. In private, you will need to take action to handle the powerful negative emotions and the pain of your broken heart. Sometimes this grieving will take the form of lament. Lament is a prayer of pain that bares our emotions before the Lord. 1/3 of the Psalms are written as laments of David. In this short video, a clinical psychologist describes how lament can affect our lives.

Video notes:

In light of the concept of lament, consider *Isaiah 61:1-3*: “*The Spirit of the LORD God is upon me; because the LORD hath anointed me to preach good tidings unto the meek; he hath sent me to bind up the broken-hearted, to proclaim liberty to the captives, and the opening of the prison to them that are bound; to proclaim the acceptable year of the LORD, and the day of vengeance of our God; to comfort all that mourn; to appoint unto them that mourn in Zion, to give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they might be called trees of righteousness, the planting of the LORD, that he might be glorified.*” Since Jesus fulfilled these words (see *Luke 4:16-21*), we can trust Him to bind up our broken hearts, comfort us in our mourning, and eventually give us beauty, joy, and praise, so God will be glorified. However, sometimes we need to verbalize emotionally these words and feelings in order to build this trust. Consider the activity on the next page as a step into lament.

Lament Activity

To begin, pray and visualize this word picture:

“Lord Jesus, I feel _____(insert negative emotion). This _____ (insert same emotion) is too strong and overwhelming for me. This negative emotion has taken over my mind. It is too much for me to handle. I humble myself and give you, Jesus, this _____(insert same emotion). I visualize myself holding out _____ and giving it over to you. I visualize you, Jesus, taking _____. I commit this to your care. I trust you to bind up my broken heart in your perfect timing. I trust you to comfort me, even if I do not feel differently right now. Thank you, Jesus, for taking care of me. Thank you for walking alongside of me in my journey through grief. Amen.”

- First take each emotion and give it to Jesus. Write these prayers down if it helps. You will eventually see progress. There are multiple layers of emotions. While victory over one emotion may occur, others may surface. Do not be discouraged. Working through grief takes time.
- Secondly, journal. Take a notebook and write about your deceased loved one, write about your emotions, write about your failures, write about what you are thankful for, write about how you see God working to bring you comfort, and write down your questions for God. He may just answer you immediately, or when you least expect it.
- Thirdly, keep reading the Bible and quoting Scriptures that promise healing. Speak out loud or to yourself. The Bible promises comfort. You want comfort and healing for your painful emotions. You believed Jesus for salvation, so you can believe him to “*turn your mourning into dancing:*” at the right time (*Psalms 30:10-12*).
- Fourth, listen to music and sing. Eventually, you will be able to. Music can be a part of emotional healing. Singing or playing a musical instrument can give you an expressive outlet.
- Fifth, perhaps you have gotten stuck in a revolving pattern of negative emotions and cannot seem to get out. Counteract each negative emotional pattern with: “I feel _____, but the Bible says _____.” (Speak Scripture to your negative emotion.) For example, “I feel very lonely, but the Bible says in *Hebrews 13:5-6* that ...” *“I will never leave you, nor forsake you. So that [I] may boldly say The Lord is my helper...”*. Therefore, it means even when I feel alone, I am not alone. The Lord Jesus is with me. Or another example is, “I feel so sad that I can’t stop crying because my loss hurts so much, but the Bible says in *Matthew 5:4*, ‘*Blessed are they that mourn, for they shall be comforted.*’ Therefore, it means that even though I am sad and the pain is great, I shall be comforted. I believe Jesus is comforting me. Thank you, Jesus for your presence and comfort.”

Lesson 5

Tests and Temptations in Grief

This lesson has two goals:

- Identify temptations which offer false comforts.
- Cultivate freedom from strongholds in our lives.

Watch the lesson intro video.

Intro video notes:

Temptation Cycle

Your perspective of what happens to you in life on this earth probably allows for some suffering, some trials, and temptations. You know this is a reality due to human's sin problem. But when grief is delivered to your door, when it is personal to you, it may feel like something you have never dealt with before. Your sadness and loneliness for your deceased loved one may give you such extreme pain that you are immobilized. What are you going to do about the pain? The Bible says you will have trials. The Bible says you need to be patient and have joy in your trials, you need to persevere through your trials, and to give God thanks (*1 Peter 1:3-7, James 5:7-11, James 1:2-8, James 1:12, and 1 Thessalonians 5:18*). This feels impossible. After the first six months to a year, there may be temptations to avoid your sadness, pain, and grief in many ways. Common temptations people may experience after the death of their loved one are: busyness, working a lot, starting big projects, exercising a lot, eating, socializing, drinking alcohol in excess, taking drugs to relieve pain, spending money excessively, sleeping a lot, running away, seeking another spouse immediately to regain what was taken from you, engaging in adultery or fornication, or becoming self-sufficient. Often these temptations can follow a common cycle or pattern. James speaks about this temptation cycle in his letter to the church (*James 1:14-15*). Learn more as you watch the short video linked in the course.

Video notes:

As a believer, our charge is to look to Jesus (*Hebrews 12:1-12*) and to Jesus' example in temptations (*Matthew 4:1-11*).

- You live by the Word of God.
- You will not test God.
- You humble yourself and worship the LORD your God only and serve only Him.
- You tell Satan (the accuser) to leave you. You “*resist the devil and he will flee*” *James 4:7*.

Under the new covenant, you have forgiveness of sins, ability to enter the Holy of Holies by Jesus' blood, Jesus' body, and Jesus' ministration as your high priest. You can come to God's throne boldly to receive mercy and grace for your needs (*Hebrews 10:16-22 and Hebrews 4:16*).

Authority of Scripture

“If you confess your sins, he is faithful and just, and will forgive your sins and cleanse you from all unrighteousness,” John reminds us in *1 John 1:9*. As with negative emotions, so it is also with temptations. Counter each temptation with the authority of the Bible. Right thinking and truth for your emotions comes from God's Word. Healing comes from faith in Jesus and the truth of His Word. Will you show Jesus how much you love Him, by remaining faithful to Him?

The following is an example of prayer for the temptation of overworking:

“Lord Jesus, I want to keep working to avoid feeling these grief emotions. But the Bible says in *Psalms 23:1-3*, that You are my shepherd, that You provide green pastures and quiet waters to restore my soul. Jesus, I believe You and I thank You for your provision for my soul. I will not overwork to avoid coming to You and receive healing for my painful feelings and emotions.”

Here's another prayer example for the temptation of alcohol:

“Lord Jesus, every time I go to the grocery store, I want to go to the liquor aisle. I don't know why, but I do. I don't consciously want to drown my sorrow with alcohol, so this must be a temptation. Get behind me Satan! I will not purchase alcohol and drink it to temporarily take away this pain, because your powerful Word says in *Ephesians 5:18*, ‘... *be not drunk with wine, wherein is excess; but be filled with the Spirit;*’. Lord Jesus, thank You for filling me with your healing loving Spirit. I will show You I love You by walking away from this liquor aisle.”

Lesson 6

Identity

This lesson has two goals:

- Reflect on the loss of identity in your life.
- Begin to move toward the repair of identity in your life.

Watch the lesson intro video.

Intro video notes:

Who Am I?

Death breaks your heart, soul, spirit, and sometimes your body. Death makes a break in your family relationships. Death makes a break in your relationships with your friends. Death of your loved one can break you too. You may feel intense pain. Your losses are real. And, your identities are shattered. You have loss of identity as a married person. You have loss of identity as _____'s wife, husband, mother, father, sister, brother, child. You may have loss of a confidant. You may have loss of a companion. You may have loss of a friend. You may have loss of being loved, touched, and cherished by the deceased. You may have loss of loving the deceased. You may have loss of caring for the deceased. So you ask now, "Who am I?"

Learn more about identity, what it is and why it is important in the video linked in the course.

Video notes:

“The most basic need is a sense of personal worth, an acceptance of one’s self as a real, whole person”, says Dr. Larry Crabb (p.61) in *Effective Biblical Counseling*. He goes on, “self-acceptance for so many people depends upon performance. What a tragedy in light of the fact that Christ’s death provided God with a basis for accepting us in spite of our performance (p.66).” You, dear friend, are a precious, beautiful, valuable, human being accepted unconditionally by God. You are more valuable than birds and animals. You are accepted by God as valuable, but not based on your performance.

Jesus died for you based on your God-given value while you were in your mother’s womb, before you did anything bad or good. God has given you an identity and a personal worth as a human being. You were precious when you were a baby. As an adult now, you are still a precious human being. You can accept yourself as a precious human being, because Jesus said that you are (*Luke 12:6-7, 24*). You are God’s child, if you have been born again. And, you are a part of God’s family. You are a new creation in Christ Jesus made by Father God. Your worth has been established by Jesus, and not on the shifting sand of approval from others.

Please consider the truths of the following Scriptures to give believers hope, peace, and a “forever” identity.

- I am a worshiper of God, the Father. (*John 4:21-24*)
- I am a believer on Jesus and am born again. (*John 1:12-13*)
- The spirit of God lives in me. (*Romans 8:9-11*)
- My salvation is a gift of God, and through Jesus, I am God’s project that He is creating. (*Ephesians 2:8-10*)
- God, the Father, makes me acceptable to participate in the Kingdom of His dear Son. (*Colossians 1:12-17*)
- The Spirit of God living within allows me to be adopted and cry ‘Father’. (*Romans 8:14-17*)
- By doing God’s will, I am family to Jesus. (*Mark 3:35*)
- Jesus has given me abundant life, as His sheep. (*John 10:5*)
- Jesus has chosen me and ordained me to be fruitful. (*John 15:14-17*)
- Jesus says that I am one with Him and the Father. (*John 17:21*)
- I am complete in Jesus. (*Colossians 2:10-12*)

Lesson 7

Security

This lesson has two goals:

- Consider the loss of security in your life.
- Find security rooted in Jesus.

Watch the lesson intro video.

Intro video notes:

Secure in Christ

Potential losses of identity can create potential losses of security. Am I loved? Who loves me now that the deceased is no longer there to provide for such an important emotion? Who will now fill my emotional love tank? It is possible that your deceased loved one loved you like no other human being has loved you. Now you are questioning how you will be provided for. No other human can take the place of your loved one. That person filled a special God-given place in your life during your time together. Now that place is empty.

Dr. Larry Crabb, again in *Effective Biblical Counseling*, says, “My need for security demands that I be unconditionally loved, accepted, and cared for, now and forever. God has seen me at my worst and still loved me to the point of giving His life for me. That kind of love I can never lose. Now that I know this love, I can relax, secure in the knowledge that the eternal God of creation has pledged to use His power and wisdom to insure my welfare.” (p.70)

As a believer identified with and complete in Jesus, you turn to Jesus to provide you with the giving and receiving of unconditional love. One step in this turning toward Jesus can be reflected through a thankful heart. Giving thanks in the midst of difficulty is an act of faith, an act where we deliberately place our confidence in our heavenly Father and his ability to provide for us. It is an important discipline that can often be neglected. **Listen to the podcast episode on the importance of thankfulness and then personally, reflect on the prompts on the next page.**

Reflection Prompts

- Are you talking to Jesus? Jesus promises to heal the broken-hearted and bind up their wounds. (*Is. 63:1-3*)
- Can you give up trying to find your own solution to ease the pain and commit it to Jesus? Ask Him to heal your broken heart.
- Where is your faith? Acknowledge your faith in Jesus and His love for you.
- Have you shown gratefulness lately? Give thanks for something, i.e. His love, and begin to let go.
- What is consuming your time? Draw near to God. (*James 4:8*)

By an act of your will, and by God's grace and strength, you can do this. You can be ministered to by Jesus and the Word through your grief. Your relationship with Jesus, and the comfort received from Him and His Word, is what you need to heal your grief and loss. Jesus says you are loved, accepted, and cared for forever. (*Romans 8:28-39* and *Matthew 6:25-34*) The Creator God has promised to care and provide for you as His child. (*John 3:16* and *1 John 3:1*)

The True, Healing Balm

The Lord wants to be close to you, and says that: "*I have loved thee with an everlasting love: therefore with loving kindness have I drawn thee,*" *Jeremiah 31:3*. The Lord is within you, bringing His love, as it says in *Romans 5:5*. "*And hope maketh [us] not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which he has given unto us.*" "*We love him, because he first loved us*", the Bible says in *1 John 4:19*.

Will you respond, by loving Him back? Nothing happens to you except that it first passes through the loving hands of God. One day at a time, trust Jesus for His comfort and His loving presence. A close relationship with Jesus is the only true, healing balm. Jesus, your Savior and Lord, loves you so very much.

Lesson 8

Purpose

This lesson has two goals:

- Remember you have purpose.
- Find and live out this purpose.

Watch the lesson intro video.

Intro video notes:

What Should I Do Now?

This may be the next question you ask yourself and God. In *Isaiah 61:3*, it says the LORD gives you beauty, joy, and praise so you can be a tree, “*the planting of the LORD, that he might be glorified.*” Right now, it may be really difficult to bring glory to God, but by His grace and your choices, you soon will.

Bringing glory to God begins with worship. Our Creator has made humans to worship Him. Look up the following verses and highlight the instructions we are given in each.

- *Isaiah 43:21*
- *Matthew 4:10*
- *Matthew 22:37-39*

Significance

An explanation from Dr Larry Crabb may be helpful. “Significance depends upon understanding who I am in Christ. I will come to feel significant as I have an eternal impact on people around me by ministering to them. As I mature by developing Christlike traits, I will enter more and more fully into the significance of belonging to and serving the Lord (p. 70).” In *Wins, Losses, and Lessons*, Lou Holtz once said, “There are four things we all need... You have to have something to do, someone to love, something to believe in, and something to look forward to.”

Choice

By an act of your will, you can choose to cooperate with the grace of God, and love your neighbor. You are able to make good decisions in tune with God’s will. He has made you to do good works for him, and you will be able to minister to others because of your gifts, talents, passions, and experiences. (*Ephesians 2:8-10*). Jesus’ work in your life is still in-progress and He has blessed you with talents and abilities and the power of the Holy Spirit. (*Luke 19:11-26*) Join the Lord in his work right where you are.

Watch the short video linked in the course concerning the SHAPE worksheet (pg 20-21) and then read, consider, and complete it. This document contains activities to help an individual consider their gifting, passions, abilities, and experiences.

Identify Your S.H.A.P.E.

Spiritual Gifts:

Circle 1-3 spiritual gifts God has given you from the list below. How do you see God using the gifts He has given you?

Administration
Hospitality
Knowledge
Communication
Leadership

Discernment
Mercy
Encouragement
Evangelism
Faith

Teaching
Giving
Wisdom
Helping

Heart/Desires:

1. What needs are you most drawn to assist with?
2. What do you enjoy doing?
3. What are you passionate about?

Abilities:

Circle 2-4 abilities God has given you from the list below. Why do you believe God put the abilities in you that He has?

Adapting – The ability to adjust, change, alter, modify
Administrating – The ability to govern, run, rule
Analyzing – The ability to examine, investigate, probe, evaluate
Communicating – The ability to share, convey, impart
Connecting – The ability to link together, involve, relate
Consulting – The ability to advise, discuss, confer
Cooking – The ability to prepare, serve, feed, cater
Coordination – The ability to organize, match, harmonize
Decorating – The ability to beautify, enhance, adorn
Designing – The ability to draw, create, picture, outline
Developing – The ability to expand, grow, advance, increase
Encouraging – The ability to cheer, inspire, support
Facilitating – The ability to help, aid, assist, make possible
Forecasting – The ability to predict, calculate, see trends, patterns, and themes
Implementing – The ability to apply, execute, make happen

Lessons on Grief COURSE NOTES

Improving – The ability to better, enhance, further, enrich
Influencing – The ability to affect, sway, shape, change
Landscaping – The ability to garden, plant, improve
Leading – The ability to pave the way, direct, excel, win
Learning – The ability to study, gather, understand, improve, expand self
Mentoring – The ability to advise, guide, teach
Motivating – The ability to provoke, induce, prompt
Organizing – The ability to simplify, arrange, fix, classify, coordinate
Performing – The ability to sing, speak, play an instrument
Persevering – The ability to see things to completion, persisting at something until it is finished.
Pioneering – The ability to bring about something new, groundbreaking, original
Repairing – The ability to fix, mend, restore, heal
Researching – The ability to seek, gather, examine, study
Serving – The ability to help, assist, fulfill
Shopping – The ability to collect, or obtain things, getting the highest quality for the best price.
Strategizing – The ability to think ahead, calculate, scheme
Teaching – The ability to interpret, decode, explain, speak
Traveling – The ability to journey, visit, explore
Visualizing – The ability to picture, imagine, envision, dream, conceptualize
Welcoming – The ability to entertain, greet, embrace, make comfortable
Writing – The ability to compose, create, record

Personality:

Personality is not good or bad; it just is. Answer the questions below to help you think about the personality God has given you.

1. Do you prefer getting something done or interacting with someone?
2. Do you prefer more structure or less structure?
3. What aspects of your personality help you in your various roles? What aspects can make features of your roles more difficult?

Experiences:

1. What are some common experiences you have had which others can likely relate to and might help you serve others?
2. What have you learned through your experiences in life?

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Scriptures for Healing

- *Exodus 15:26*
- *Psalms 23:3*
- *Psalms 30*
- *Psalms 31*
- *Proverbs 18:10*
- *Isaiah 43:18-19*
- *Isaiah 45:21-24*
- *Isaiah 54:5-8*
- *Isaiah 61:1-3 & Luke 4:16-21*
- *Jeremiah 31:3*
- *Jeremiah 31:16*
- *Lamentations 3:23-24*
- *John 14:1-3*
- *John 14:16-19*
- *John 14:26-27*
- *Romans 5:5*
- *Romans 8:35-39*
- *2 Corinthians 1:3*
- *Ephesians 3:17*
- *Philippians 4:6-8*
- *Philippians 4:19*
- *1 Thessalonians 5:16-18*
- *1 Thessalonians 5:23-24*
- *Hebrews 4:16*
- *1 Peter 5:7*
- *Jude 20-21*
- *Revelation 21:4*