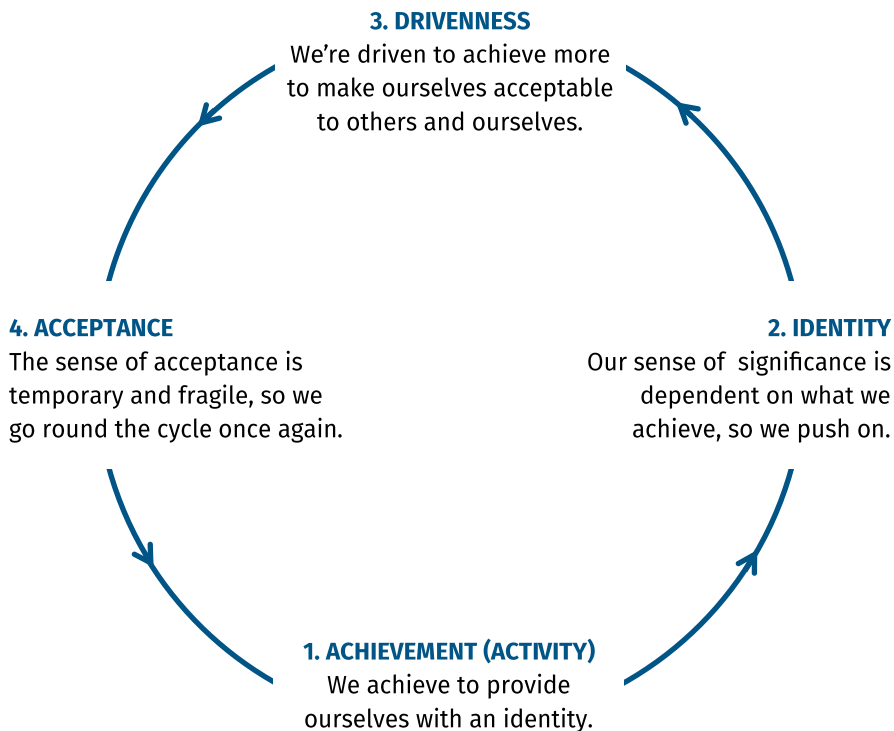


CYCLES OF GRIEF AND GRACE (A)

Cycle of Grief

Many people experience the cycle of grief in today's busy, fragmented world. The cycle erodes confidence in our position as children of God and fuels unhealthy addictive patterns of living, to the extent that we often become 'driven beyond the call of God'.

- What most strikes you about this cycle?
- What might be some of the behaviours a leader might show if his or her life is driven by this cycle?
- If you feel comfortable, share with others the most difficult aspects of your walk with God.
- How might we avoid this cycle?



The cycles of grace and grief are from the work of Frank Lake. Used with permission of the Bridge Pastoral Foundation. www.bridgепastoral.org.uk



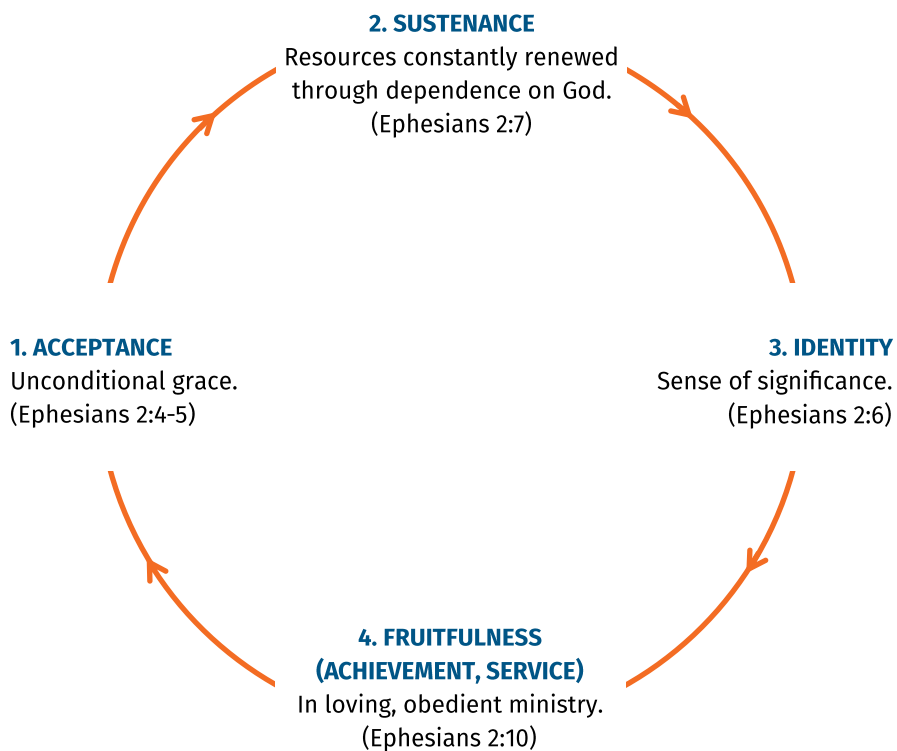
For Journalling/Mentor

- What are the parts of my life affected by the cycle of grief?
- Are there any areas of my life in which I yearn for greater freedom in my relationship with God?

CYCLES OF GRIEF AND GRACE (B)

Cycle of Grace

- In contrast to the cycle of grief, the cycle of grace describes the effect of living in God's grace and love.
- The cycle begins with God's acceptance. We are loved, because God loves us, not because of anything we do or achieve.



For Journalling/Mentor

- Where have I experienced the cycle of grace in my life?
- How could I make sure that God's unconditional acceptance of me is central to my life?