



WHAT I'VE LEARNED FROM BEING A WIDOWER

with Daniel Brooker

▶ FOCUS VERSE

Rejoice with those who rejoice; mourn with those who mourn.
Romans 12:15

▶ DISCUSSION

1. **Of all the loved ones you've lost, which loss was the most difficult to recover from—or have you still not recovered from?**
 - a. Talk about that person, what they meant to you, and what you miss most about them.

2. **What were the most helpful things that family members or friends did to help you cope with that loss?**
 - a. What things were unhelpful or frustrating, despite being well-meaning?

3. **Did you ever find yourself judging other people for not grieving the same way you did, or for the same length of time?**
 - a. How did that affect your relationships with those people in the long term?



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4. Did you have access to people who had endured a similar loss and could help guide you through your grief, or did you feel like there wasn't anyone who could truly relate to what you were going through?

a. What would you like to have heard from that person?

5. How did the loss affect your faith?

a. Did you ever question God, or even express anger at Him?

6. Did you learn or realize anything from that loss that has since been beneficial to you?

a. Are you doing anything to share that newfound wisdom with others who are also grieving a loved one?

7. Do you still “talk to” the person you’ve lost?

a. To the extent that you're willing to share, what do you say to them?

8. What sorts of things do you do to continue honoring their life and their memory?

a. Do you ever find it difficult to balance the love you keep for them with the love you have for the living—particularly if you lost a spouse or partner and are now in a new relationship?

