

Sermon Handout – “Good Grief” (Spiritual Grief)

Prayer from Saint Teresa of Avila in the 16th Century:

Lord, grant that we may always allow ourselves to be guided by You, always follow Your plans, and perfectly accomplish Your Holy Will. Grant that in all things, great and small, today and all the days of our lives, we may do whatever You require of us. Help us respond to the slightest prompting of Your Grace, so that we may be Your trustworthy instrument for Your honour. May Your Will be done in time and in eternity by us, in us, and through us. Amen.

Science of grief:

Kubler-Ross: i) denial, ii) anger, iii) bargaining, iv) depression, and v) acceptance.
Bonanno: 4 paths of grief; i) Resilience, ii) Recovery, iii) Chronic Disfunction, and iv) Delayed Trauma.

St. John of the Cross:

Dark night of the soul (poem).

The Three ‘A’s of Companioning through Spiritual Grief:

Attendance, Appeal, and Acceptance.

Attendance: Being watchful, vigilant and present.

Appeal: Praying to God as an active listener.

Acceptance: Recognising the truth of this present reality as a temporal one.

Words of Saint Teresa of Avila in the 16th Century:

May today there be peace within. May you trust God that you are exactly where you are meant to be. May you not forget the infinite possibilities that are born of faith. May you use those gifts that you have received, and pass on the love that has been given to you. May you be content knowing you are a child of God. Let this presence settle into your bones, and allow your soul the freedom to sing, dance, praise and love. It is there for each and every one of us. Amen.

Bible References: 1 Thess. 5:16-18, John 11:35, Psalm 88, Luke 22:40-44, Matt. 27:46.