

Journey Through Lent

WEEK FIVE: LOSS

Facing grief with compassion and courage



Lent calls us to reflection, action and hope. Join us over the next eight weeks as we explore our shared experiences of Hunger, Safety, Well-Being, Identity, Loss, Community, Nature, and Faith, engaging scripture and real-world responses to live out God's call to justice and compassion.

DAY 1: SCRIPTURE REFLECTION

My flesh and my heart may fail, but God is the strength of my heart and my portion forever. —Psalm 73:26

- Read **Psalm 73:26** and consider its message about human frailty and divine strength.
- **Reflection questions:**
 - *How does acknowledging our vulnerabilities open us to experiencing God's strength?*
 - *What does it mean for God to be your "portion" in a time when you feel you've lost everything?*
 - *How can this verse reshape our understanding of strength—not as something we must ~~Q~~er, but as something we receive?*
 - *How can we support others in recognizing and embracing divine strength amid their grief?*

DAY 2: PERSONAL REFLECTION & JOURNALING

- Reflect on a time you experienced grief—through the death of a loved one, the end of a relationship, or another kind of loss.
 - *What emotions came up? How did others respond to you? Did you feel permission to grieve, or pressure to move on quickly?*
 - *Have you ever avoided dealing with your own grief or someone else's? Why might we do that?*
 - *Has the experience of profound loss ever affected your faith and perception of God's presence?*
 - *What practices do you think help build resilience in the face of grief and loss?*
- **Journal Prompt:** Write a message to someone you've lost—or to yourself—naming what that loss meant and where you still carry it.

DAY 3: GROUP TESTIMONY

- As a group or a congregation, research local organizations that provide grief counselling and support services. Discuss how your community can collaborate with these organizations to support those experiencing loss.
 - **Group Activity:** Share experiences of loss within your group and discuss the role of faith and community in the healing process. Explore cultural and personal differences in grieving practices and how they influence our support for one another.
- Explore loss on a global scale—how do geography and culture shape the way individuals and communities grieve, remember, and rebuild after loss?
 - **Read Bekelech's Story** at clwr.org/lentstory5 and discuss the impact of compounded losses due to violence and displacement.
 - **Discussion Questions:**
 - *Bekelech's grief was caused not by natural death but by violence. How does that shift the way we understand her experience? What would you want to say to Bekelech if you could speak with her?*
 - *Think about how global crises—conflict disaster, poverty—cause personal grief. Why do we often tune out these stories when they're reported as statistics? How can we keep the dignity of individuals in mind when hearing about humanitarian crises?*

DAY 4: PERSONAL AND COLLECTIVE ACTION

- **Personal Action:**

- Reach out to someone who has experienced a loss and offer a specific kind of support—time, help with a task, a listening ear.
- Begin a “grief journal,” a safe space to name the people and things you’ve lost, and how they still live in your story.
- Learn about an international organization working in conflict zones. Pray for their staff and those they serve.

- **Community Action:**

- As a group or congregation, read a current news article about a humanitarian crisis and try to identify one personal story behind the headlines. Host a conversation in your church or small group about why personal stories are essential for compassionate action.
- Set up a “wind phone” in your church or community space—a quiet corner with an old phone or symbolic setup. Invite people to take turns “calling” someone they’ve lost, speaking words of love, grief, or remembrance. It’s a gentle, communal way to honour loss and make space for healing conversations carried on the wind.

DAY 5: PRAYER AND COMMITMENT

- Pray for all those who are grieving—known to us and unknown—that they may find comfort and strength in their faith and community.
- Pray for communities affected by violence and displacement, that they may experience healing and restoration.
- Pray for the courage to face our own grief and walk with others in theirs, that we may be instruments of God’s compassion and support to those in mourning.
- **Commitment Challenge:** Choose one global story of loss or conflict. Learn the names, the context, the causes. Commit to holding that story in your prayers all week—and consider one way you can act in response.