



REDEEMER
ANGLICAN CHURCH

FELLOWSHIP GROUP DISCUSSION QUESTIONS

SEASON: Lent, Week 4
SERIES: Memento Mori
TEXT: 1 Thess. 4:13-18
SERMON: Death & the Problem of Grief

1. **Our Stories of Grief:** How has grief entered your life in the past? Is there an area of grief that is present for you in this season?
2. **Avoidance Strategies:** Do you recognize, in yourself, any grief-avoidance tendencies? Distraction? Suppression? Emotional dishonesty?
3. **Grieving with Hope:** When we grieve, we locate ourselves between Good Friday and Easter Sunday - between death and resurrection. What does it look like to grieve with hope in Jesus and how does that look and feel different from grieving without hope?