

FROM LOSS TO RENEWAL

COURSE WORKBOOK



A JOURNEY TOWARD HEALING WITH CHRIST



ABOUT THIS COURSE



Grief changes everything. Whether you are navigating the loss of a spouse, a child, or the pain of divorce, the journey forward can feel overwhelming and uncertain. From Loss to Renewal is a 7-week small group experience that offers a safe, supportive space to process grief, reconnect with God, and begin moving toward healing. Through Scripture, reflection, and honest conversation, participants will explore their emotions, find encouragement, and take meaningful steps toward hope, renewed identity, and a sense of purpose—at their own pace and in a compassionate community.

WELCOME



COURSE OUTCOMES

- Better discern their grief experience
- Develop healthy ways to process emotions
- Begin rebuilding identity and hope after loss
- Experience connection, support, and spiritual renewal

LET'S GET STARTED

Three things will last forever—faith,
hope, and love—and the greatest of these
is love.

1 Corinthians 13:13

ABOUT THE PROCESS

When you face loss from a Scriptural point-of-view you will face Spiritual challenges as well. This Workbook is meant to help you process through your thoughts and help bring you closer to El Rapha- The God who Heals.

YOUR THOUGHTS GOING INTO THIS COURSE:

For everything there is a season,
a time for every activity under heaven.

² A time to be born and a time to die.

A time to plant and a time to harvest.

³ A time to kill and a time to heal.

A time to tear down and a time to build up.

⁴ A time to cry and a time to laugh.

A time to grieve and a time to dance.

Ecclesiastes 3:1-4

Week 1

NAMING THE LOSS

God Sees Your Pain

Focus: Acknowledging grief honestly

Key Idea: Grief begins with honesty. Jesus Himself wept

Write a Grief Inventory

What have I lost—person, identity, future

Prayer Focus

Invite God into your pain.

The Lord is close to the brokenhearted;

He rescues those whose spirits are crushed.

Psalms 34:18

NAMING THE LOSS

Returning to The Source to be Filled

REDIRECT – WHERE IS HE IN YOUR PAIN?

● What has been hardest to accept?

● Where have you felt God (or not felt Him)?

THINK ON THESE:

- Loss is real—whether through death or divorce
- God is near, even in the shock and confusion
- Suppressing grief delays healing

Then Jesus wept.

John 11:35

WEEK 2

DISCERNING GRIEF

THE SITUATION

Describe a recent moment when grief surfaced.
What triggered it? Where were you? Who was involved?

THE FEELING

What emotions came up first?
(Be honest—grief can look like anger, guilt, confusion, numbness, even relief.)

THE REACTION

What did you do in response to those emotions?
Did you withdraw, react, distract yourself, or reach out?

THE REVEAL

What patterns do you notice in your grief?
Did you feel pressure to “be okay” or compare your process to others?

WEEK 2

DISCERNING GRIEF

What is leading me in my responses?

Pause

I do not rush my healing
I allow space for what I
feel

Notice

I become aware of
what I feel
without judging it



FOUNDATIONAL CHECK-IN

When I feel overwhelmed,
triggered, or emotional.
what is actually happening
within me?

Emotion

Expectation

Fear / insecurity

Past hurt

-OR-

Truth

Bring it to Him

I bring my emotions to
God honestly
I do not hide what I feel

Choose response

I give myself
permission to
grieve
at my own pace

He is like a man building a house, who dug deep and laid the foundation on the rock. And when the flood arose, the stream beat vehemently against that house, and could not shake it, for it was founded on the rock.

Luke 6:48



WEEK 3

THE WEIGHT OF GUILT, ANGER & “WHY?”

STEP

1

STEP ONE: THE TRIGGER

Something happens—and a strong emotion rises.
Anger. Guilt. Frustration. Confusion.
This moment feels immediate.
but it may not be new.

STEP

2

I respond quickly—
emotionally, defensively, or by shutting
down.
My reaction may feel justified.
but it is revealing something deeper.

STEP TWO THE REACTION

STEP

3

STEP THREE THE ROOT

This feeling is connected to something
beneath the surface:

- A past hurt
- A “what if” I can’t let go of
- Guilt I’m still carrying
- Questions I don’t have answers to

STEP

4

Instead of ignoring it—or reacting again—
I pause and bring it to God honestly.
Not polished. Not filtered.
Just real.
This is where lament begins.
This is where healing starts.

STEP FOUR THE INVITATION

STEP

5

STEP FIVE THE HEALING

God is not afraid of my questions.
He meets me in:

- my anger
- my guilt
- my “why”

HE IS MY HEALER

WHAT KEEPS COMING UP?

WHAT KINDS OF SITUATIONS MAKE MY GRIEF
FEEL MOST DIFFICULT TO MANAGE?



WHAT EMOTIONS DO I FEEL MOST OFTEN IN
THOSE MOMENTS?



WHAT FEAR MIGHT BE UNDERNEATH THIS
REACTION?



PRAY THIS: FATHER, I INVITE YOU
INTO THIS AREA OF MY HEART

WEEK 4

IDENTITY AFTER LOSS – “WHO AM I NOW?”

SUNDAY -
AWARENESS

PAY ATTENTION TO WHAT YOU FEEL LIKE SAYING TODAY.
WHAT SITUATIONS TRIGGER A RESPONSE IN YOU?
WHAT EMOTIONS RISE FIRST

MONDAY -
PAUSE

PRACTICE SLOWING DOWN BEFORE SPEAKING.
WHERE DID YOU PAUSE INSTEAD OF REACTING?
WHAT CHANGED WHEN YOU GAVE YOURSELF SPACE?

TUESDAY -
MOTIVE

WHY DO I WANT TO SAY WHAT I'M ABOUT TO SAY?
IS IT TO BE UNDERSTOOD. OR TO CONTROL, DEFEND, OR
RELEASE EMOTION?
IS IT BUILDING. OR BREAKING?

WEDNESDAY -
TONE

HOW AM I SPEAKING?
WAS MY TONE GENTLE, PATIENT, AND CONTROLLED?
DID MY WORDS REFLECT PEACE—OR PRESSURE?

THURSDAY -
TIMING

IS THIS THE RIGHT MOMENT TO SPEAK?
DID I CHOOSE THE RIGHT TIME. OR REACT TOO QUICKLY?
WOULD WAITING HAVE LED TO A BETTER OUTCOME?

FRIDAY -
REFLECTION

WHERE DID I RESPOND WITH WISDOM THIS WEEK?
WHERE CAN I GROW?
WHAT PATTERNS AM I STARTING TO NOTICE?

NOTES AND SCRIPTURES

17 This means that anyone who belongs to Christ has become a new person. The old life is gone, a new life has begun!

2 Corinthians 5:17

WEEK 4

IDENTITY AFTER LOSS

Rebuilding identity in Christ

KEY IDEA: LOSS CHANGES ROLES, BUT NOT YOUR WORTH.

1. IDENTITY STATEMENTS: "I AM ___ IN CHRIST"

2. WHAT PARTS OF YOUR IDENTITY FEEL LOST?

3. WHAT IS GOD REBUILDING?

PRAYER FOCUS: RESTORATION OF IDENTITY

FATHER,
RESTORE WHO I AM IN YOU. REMOVE EVERY FALSE LABEL
AND REBUILD ME IN TRUTH.
REMINDE ME I AM YOURS. MAKE ME NEW.

AMEN.

WEEK 5

LONELINESS & CONNECTION

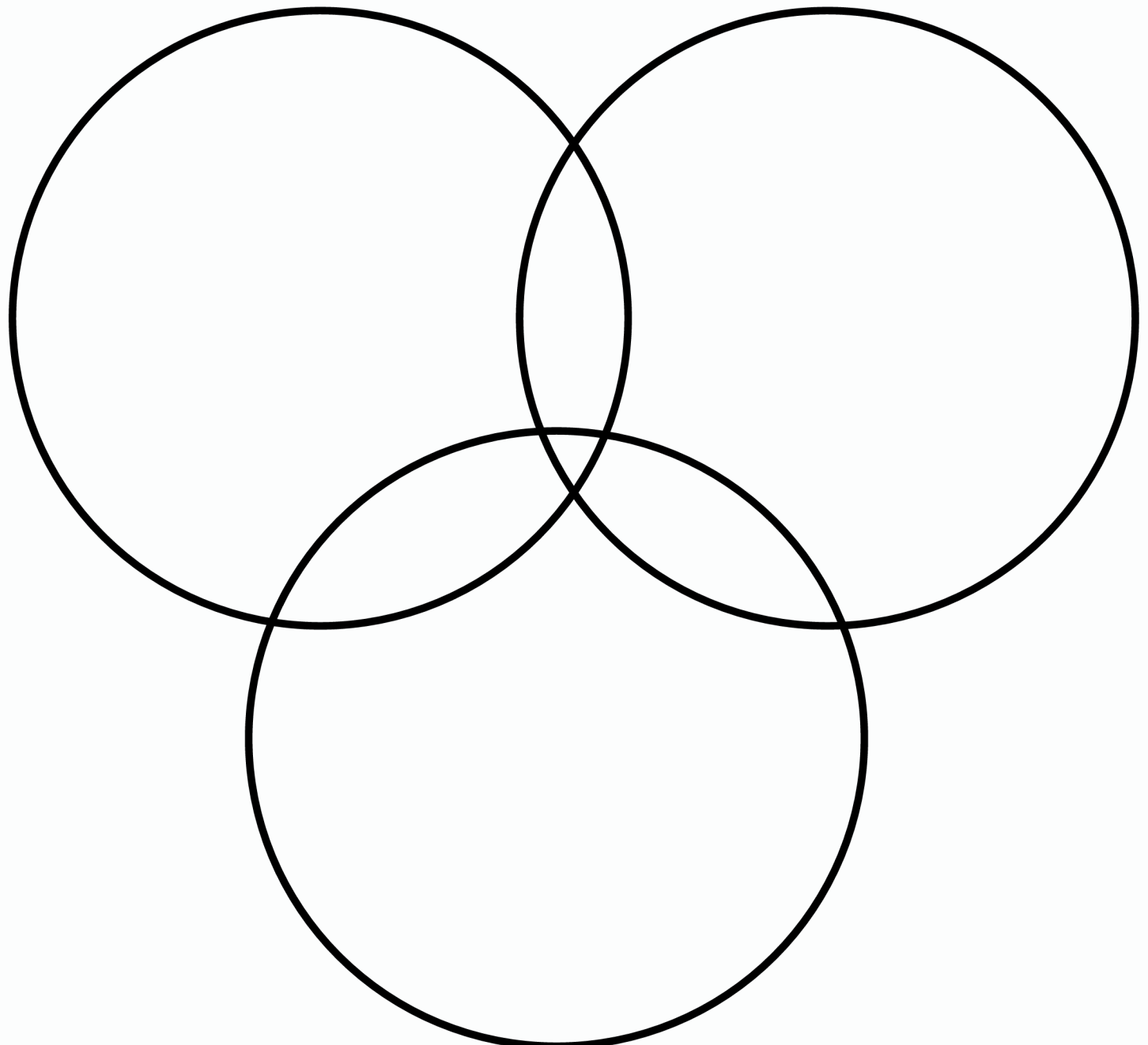
YOU ARE NOT ALONE

LONELINESS IS REAL, BUT SO IS GOD'S PRESENCE

ACTIVITY: RELATIONSHIP CIRCLES (WHO IS SAFE, SUPPORTIVE, OR DISTANT?)

SAFE

SUPPORTIVE



DISTANT

WEEK 5

LONELINESS & CONNECTION

LETTING GO OF STRIVING AND LEANING INTO HIS STRENGTH

**WRITING PROMPT: WHERE DO YOU FEEL MOST ALONE?
WHAT SUPPORT DO YOU NEED BUT HAVEN'T ASKED FOR?**

A large rectangular writing area with a black border, containing ten horizontal dotted lines for text entry.

WEEK 6

FORGIVENESS & LETTING GO

Key Idea: Forgiveness is a process, not a one-time event.

TEACHING POINTS:

- **FORGIVENESS ≠ APPROVAL OR RECONCILIATION**
- **LETTING GO OF RESENTMENT**
- **HEALING FROM BETRAYAL (ESPECIALLY FOR DIVORCE)**



“BE STILL, AND KNOW THAT I AM GOD...”

Psalms 46:10

WEEK 6

FORGIVENESS AND LETTING GO

ACTIVITY:

“RELEASE LETTER” (NOT SENT—SYMBOLIC SURRENDER)

A large rectangular box with a black border, containing ten horizontal dotted lines for writing.

Week 7

HOPE & MOVING FORWARD

Rebuilding life with hope



Scripture: Jeremiah 29:11, Romans 8:28



Healing doesn't mean forgetting.
It means moving forward with God.

What gives you hope right now?

How can I trust God in this season?

What is one step forward this week?

A NEW CHAPTER

Teaching Points:

Honoring the past while embracing the future

Hope after loss

Taking small next steps

“HE WHO BEGAN A
GOOD WORK IN YOU
WILL COMPLETE IT.”

Philippians 1:6

You are not responsible for finishing what He has started.

You are not responsible for healing immediately.

You are not responsible for controlling the outcome.

Your role is to walk in what He has shown you—
and trust Him with the rest.

Final writing prompt:

Where can I release control and trust Him more?

FROM LOSS TO RENEWAL



FINAL THOUGHTS

1. Keep going.
2. Keep returning.
3. Keep choosing what is true—even when it's hard.
4. You are not walking this alone.

Every step you take in Him is building something lasting.

THREE THINGS WILL LAST FOREVER—FAITH,
HOPE, AND LOVE—AND THE GREATEST OF
THESE IS LOVE.

1 Corinthians 13:13



THANK YOU

I am here to continue in this walk. Reach out anytime and I am happy to pray for you and study scripture alongside you.