

# GROWING UP IN CHRIST!

LENT 2025 | DIOCESE OF ATLANTA

## WEEK 5: LOSS

These reflection guides are designed to supplement the videos, for use in a small group Bible study. They are created for the leader's ease of use, and with links to free web-based resources.

### REFLECTION

To grow up in Christ is to be able to face loss.

At the dinner party...the attendees avoided the reality of loss: Lazarus with nostalgia. Judas with business. Martha with busyness. Mary... acknowledged and faced the coming loss - it literally brought her closer to Jesus!

We say we don't want change, but it's not change we fear, it's the loss that change represents.

Growing up in Christ acknowledges loss and grief because without its acknowledgement, we aren't engaged in real life

Jesus invites us to walk with him through his loss...as a learning lab for our life with loss.

~Bishop Wright

### SCRIPTURE

**Read John 12:1-8.** Each person in this story faces the idea of loss differently.

**Read Phil. 3:4b-14.** Paul considered everything as loss compared to knowing Jesus.

**Read Isaiah 43:16-21.** On the other side of loss, there are new beginnings. God is doing a new thing...

### DISCUSSION

- Reflect on a time when you have experienced loss. Which person's response at Jesus' "dinner party" do you relate to in facing loss? Why?
- Have you ever experienced a loss that ended up bringing you closer to Jesus? What are some of the things you think might make that experience of closeness in loss possible?
- The Bishop talks about Christian maturity as being able to face the reality of loss. What have you found helpful in moving away from denial and toward reality when facing loss?
- As we walk again with Jesus through his losses, what do you hope to learn about dealing with loss in your life?

### ARTICLES

#### For Further Reading:

Explore one way to process and navigate life's transitions called the Bridges' Transition Model:

<https://benjamincake.medium.com/william-bridges-transitions-summarized-8df3f8ab04c8>

**Elsewhere**, Bridges compared the process of transition to the Exodus: leaving Egypt (endings), wilderness wanderings (neutral zone), and entering the Promised Land (new beginnings)

### PRAYER

*Almighty God, you alone can bring into order the unruly wills and affections of sinners: Grant your people grace to love what you command and desire what you promise; that, among the swift and varied changes of the world, our hearts may surely there be fixed where true joys are to be found; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.*

### TAKE-AWAY

#### **Reflect & Journal:**

Think about the transitions and losses you've experienced, how you handled those, and reflect on what you learned. You can use one of the article's reflection exercises; pick one or more and journal about your experiences with transition and loss and where God was in that.

*Collect for the 5th Sunday in Lent*