

Independent Presbyterian Church GriefShare 2019 Schedule & Weekly Topics

Each week your group will watch a video seminar on DVD. The GriefShare videos cover topics essential to your recovery from the hurt of grief and loss. The videos are produced in a compelling television magazine format and feature interviews with grief recovery experts, mini-dramas, on-location video, and real-life stories of people who have experienced the death of a loved one.

Here are key themes found in the 13 GriefShare session videos.

Jan. 23 | Session 1: *Is This Normal?*

- You'll discover why your grief experience is harder than you imagined
- Why the intensity and duration of your emotions are normal and appropriate
- Despite how you feel right now, there is reason for hope

Jan. 30 | Session 2: *Challenges of Grief*

- You'll learn more eye-opening reasons why your pain is so overwhelming
- Some of the overlooked, yet common, effects grief has on your mind, body, and spirit
- How to get things done when you don't feel like you have any energy

Feb. 6 | Session 3: *The Journey of Grief – Part One*

- You'll learn helpful goals to set on your journey of grief
- How to deal with those who try to rush you through your grief
- How long the journey of grief typically lasts

Feb. 13 | Session 4: *The Journey of Grief – Part Two*

- You'll learn why it's important to put effort into your healing
- How the events surrounding your loved one's death affect your grief
- The best ways to deal with your loved one's belongings

Feb. 20 *no meeting* | IPC MISSIONS CONFERENCE

Feb. 27 | Session 5: *Grief and Your Relationships*

- You'll find out how the death of a loved one affects your friendships
- Why solitude can be a blessing and a curse
- How to deal with friends who don't understand your grief

Mar. 6 | Session 6: *Why?*

- This session demonstrates that God wants you to share your feelings with Him
- Why being honest with God is an expression of faith
- What God has to say to you about your "why" questions

Mar. 13 | Session 7: *Guilt and Anger*

- You'll learn how to deal with false guilt
- How to grieve conflicted relationships
- How to handle grief-related anger

Mar. 20 | Session 8: *Complicating Factors*

- You'll begin to see how traumatic experiences affect grief
- How to deal with nightmares and flashbacks
- How your thinking affects your emotions

Mar. 27 | Session 9: *Stuck*

- You'll discover how to prevent getting stuck in grief
- Common misconceptions that hinder healing
- Why your path to healing isn't always smooth

Apr. 3 | Session 10: *Lessons of Grief – Part One*

- You'll become aware of an often-overlooked reason that grief is so painful
- Why going to church can be so difficult
- The benefits of helping others

Apr. 10 | Session 11: *Lessons of Grief – Part Two*

- This session provides a more complete picture of who you are now that your loved one is gone
- Why no one grieves perfectly
- What grief can teach you about relationships

Apr. 17 *no meeting*

Apr. 24 | Session 12: *Heaven*

- Session 12 answers questions about heaven and the afterlife, such as what heaven is like
- Whether you should communicate with your deceased loved one
- Whether near-death experiences are reliable descriptions of heaven
- And many more

May 1 | Session 13: *What Do I Live for Now?*

- You'll learn why moving forward is a necessity
- Why it's a process
- Why peace and pain will always coexist