

Women Who Encountered Jesus – Week 4

Individuals *grieve* in their own way. In fact, it is interesting to note that there are *expressive* grievers, wherein they share feelings openly, cry, or talk through emotional pain, and there are *instrumental* grievers, wherein they process grief cognitively or practically by focusing on tasks, projects, or problem-solving. Grief manifests in a variety of different ways, including *emotional, physical, and behavioral*, and depending on personality *types*, will determine *how* someone will cope.

Martha and Mary were two individuals in the Book of John who were *open* to Jesus about the grief that they were experiencing pertaining to the loss of their brother, Lazarus. In fact, they were so *open* to Jesus that Martha even tells Him, “If You had been here, my brother would not have died” (John 11:21), and Mary says the same statement to Jesus in John 11:32. Mary, however, is *expressive* in her grief, while Martha is *instrumental* in her grief in that Mary rushes out *immediately*, falling at Jesus’ feet, while Martha *intellectualizes and reasons* the loss in her own mind.

Person: *Mary & Martha: When Jesus Meets Us in Grief*

Scripture: *John 11:1-44*

Big Idea: *Jesus does not merely give us answers in our grief; He gives us Himself.*

Ice-Breaker Question: *What do you need most when you are hurting?*

Discussion Questions

- 1) What do Mary and Martha have in common?
- 2) What does their statement “if you had been here” reveal?
- 3) Have you ever felt disappointed with God?
- 4) Why is Jesus’ response to grief important?
- 5) What does “I am the resurrection and the life” mean?
- 6) How can we minister to someone who is grieving without trying to explain everything?
- 7) What hope does this passage give us?

Reflection/Action Step:

Complete:

“Jesus, I need You to meet me in my _____.”

Weekly Challenge:

*Reach out to someone who is grieving. **Don’t try to fix them. Simply be present.***