

# **Widowhood: A Changed Perspective on Loss**

## **Discussion Questions**

### **Chapter 1: What's in A Name**

1. What names describe you and how have these names shaped your attitudes?
2. What is your initial reaction to stress?
3. If you could give yourself a new name, what would it be?

### **Chapter 2: Living in Front of the Black Hole**

1. Have you experienced or gotten stuck in any of the stages of grief?
2. How have your social relationships changed since the loss of your person?
3. What is your favorite place when dealing with trauma?

### **Chapter 3: Invitation to the Journey**

1. How did your loved one's death impact you?
2. Since your loved one has died, can you see God's best for you?
3. How do you deal with people whose comfort is not comforting?

## **Chapter 4: The Gift of Tears**

1. How do you express sorrow?
2. What was your idea of grief/sorrow before the loss of your special person?
3. How would you comfort someone with loss, now that you have had this experience?

## **Chapter 5: The List**

1. What did you understand the about the terminology “until death do us part”?
2. Do you wonder about remarriage after loss?
3. Do you have someone to talk with about marriage after widowhood?

## **Chapter 6: Called or Volunteer?**

1. What does the term “victim mentality” suggest?
2. Do you see problems as daily struggles or as opportunities?
3. Who in the church is responsible for caring for the widows?

## **Chapter 7: Time of Aloneness**

1. How does aloneness differ from loneliness? Benefits of either?
2. Where do you see your faith being used for the benefit of others?

3. How has God been with you in the new things you have needed to do?

## **Chapter 8: Preparation**

1. What preparation in life has God provided for this current situation, your loss?
2. What would you need to do the night before to start your day with the Lord?
3. Have you ever sensed the Lord “commanding you” as you went about your daily work? Explain.

## **Chapter 9: Loss of Expectation**

1. What make it is so hard for Christians to keep their expectations on Jesus?
2. Why does it seem so hard for some Christians to share the reality of pain?
3. “Sometimes loss of expectation is more difficult that actual loss.” Agree or disagree

## **Chapter 10: Baal or Ishi**

1. Why do you think that “identity” is such a hot topic in our culture?
2. How has your identity changed since the loss of your person?
3. How can you pray God’s character traits? Into whom?
4. Name some stumbling blocks you may have encountered and how you came through.

## Chapter 11: A New Bridal Veil

1. What Biblical scriptures have ministered directly to your heart?
2. Share a time when others minister to you in unusual ways.
3. Has God shown you something before it happened? Explain

## Chapter 12: Living the Rest of My Life

1. Rest includes a sense of not being alone.” Agree or disagree?
2. Describe a way God has loved or honored you as a widow.
3. Can you see a way in which your need as a new widow have been a blessing to another?

**Author’s note:** If you have prayed to invite Jesus to be in charge of your life, please tell someone who can rejoice with you and the angels. I am praying for you.

Mary Bruce