

## THIS PAIN IS DIFFERENT

Caring for others in pain is not just the job of pastors and counselors. The Worst Loss curriculum is designed to help anyone be better prepared to come alongside a family member, friend, or church member who has suffered the trauma of sudden loss.

## THE VOICE OF EXPERIENCE

13 survivors share their real-life stories to give us a glimpse into the pain of sudden loss, as well as the wisdom they've gained through tragedy.

## YOU ARE NEEDED

When people face struggles in life God often responds through the presence, voice, and actions of believers like you. Thank you for exploring the opportunity to be part of God's plan for suffering. The Worst Loss will help you discover how you can best understand, recognize, and respond to the pain of sudden loss.

### SESSION SEQUENCE

**Session 1 – Day Zero:** Survivors share their experiences from the day their worlds changed. Following loss it can be hard for supporters to find the right thing to do or say.

**Session 2 – Aftermath:** When the shock and activity surrounding a death fade, what's left is emptiness and pain. Too often people face the aftermath alone.

**Session 3 – One Of A Kind:** Our Worst Loss families demonstrate the importance of celebrating the identity and life of the person they've lost.

**Session 4 – Questions:** One of the most common struggles for people who have experienced the worst loss is trying to find answers to hard questions. Helping someone explore questions about God, themselves, their loved one, and the future is an important element of support.

**Session 5 – Don't Try To Fix Me:** So often we want people to move past their pain and struggle. This session helps participants find ways to encourage others while acknowledging the permanent aspects of grief.

**Session 6 – Where Is The Good:** Exploring the ways God can bring good out of the worst loss.

## WHAT'S INCLUDED?

- 6 Original Session Digital Videos (downloadable files)
- Group Session Introduction/Guidelines
- Facilitator-led Discussion Guides - with video reviews, discussion questions, group activities, and personal/biblical application.
- Facilitators Guide with helpful tips for special considerations when leading a group related to mental health and loss.
- The original resource *The Grieving Process* contributed for this curriculum by therapist and pastor Dan Munson.

## FACILITATOR TRAINING

We want your church to have a great experience using LifeSupport curriculum so we provide complete training free of charge to help your team get started using these resources. Every trained facilitator receives complete access to all curriculum resources free of charge. You choose the team who will lead the curriculum and we'll take care of the rest. Please visit the *Group Resources* page at [www.lifesupportresources.org](http://www.lifesupportresources.org) to schedule your (2-3 hour) facilitator training session.

Disclaimer: This material is intended for ministry purposes only. While care from others in our lives provides important support, mental health struggles often require the support of mental health professionals and this content should not be seen as a substitute for professional advice, diagnosis, or treatment. Always seek the advice of your mental health professional or other qualified health provider with any questions you may have regarding your condition.