

Introduction

? Why do you think it is important to emphasize and understand that healing from grief is a slow, gradual process? How would you explain to someone who is grieving what to expect in the days ahead?

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? What has been the most helpful thing someone has done for you in a season of loss or grief? Why do you think that particular act was so helpful?

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1. Sarah’s Death at Hebron (Genesis 23:1-2)

? How does remembering the numerous ways God has shown His favor and covenant faithfulness to Sarah inform the way you understand her death? What does it tell you about God that even the location of her death evidenced His work in her life?

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? Why is it important for the Bible to describe the reaction of its key and prominent figures in seasons of loss or brokenness? How does Abraham’s reaction to Sarah’s death set a model for the way God’s people are to mourn?

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2. Purchasing the Burial Site (Genesis 23:3-18)

? While grief is certainly not a linear process, what is the significance of the writer noting Abraham’s transition? What adjectives would you use to describe Abraham’s character based on chapter 23?

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 What did it mean for the future people of Israel that Sarah was buried in Canaan? What did that indicate about the condition of Abraham's faith in the face of his beloved wife's death?

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### 3. Sarah's Burial at Hebron (Genesis 23:19-20)

 In your experience, how does being able to grasp a greater purpose for seasons of difficulty change your perception of that season? Can you provide an example?

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 Chapter 23 closes with Sarah's burial. Chapter 24 opens with the quest to find a wife for Isaac. Keeping that in mind, what does the author seem to infer about Sarah's burial?

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### Conclusion

 Why do you think some people discourage grief and mourning? What biblical examples can you think of that provide a model for doing so?


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 Who in your life offers you the gift of relationship that would allow you to honestly process grief with them? How can you cultivate other relationships that may grow to that depth? Why is it important to act in that direction now?

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 How does understanding how God has used another person in times of loss help alleviate grieving and sorrow? What memories of your life do you want people to remember about how God used you? How often do you tell those stories?

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### Daily Readings

- Monday - Matthew 2:13-15

- Tuesday - Mathew 2:16-18

- Wednesday - Matthew 2:19-23

- Thursday - Matthew 3:1-13

- Friday - Matthew 27:11-14

- Saturday - Matthew 28:18-20