

INTRODUCING

WHY, WHAT IF, IF ONLY

The newest curriculum in the support group series from Grief Care Fellowship

A QUICK OVERVIEW



Grief Care[™]
FELLOWSHIP

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Purpose

This series is written to bring help, hope, and comfort, to people who have lost their loved ones. It is designed to help them navigate life after loss.

About

The *WHY, WHAT IF, IF ONLY* series is a support group series on video for grieving people. It is specifically timed to meet the schedules of a variety of groups such as Support Groups, Life Groups, or Home Study Groups.

DETAILS:

The Why, What If, If Only series contains six sessions, all on DVDs. Each video is presented by the following:

- **Fran Welch** – Pastor of Care and Author.
- **Nancy Self** – Speaker and Director of Women's Ministry of Grief Care Fellowship.

Many years of successful biblical ministry provide the foundation for this series.

The session titles are as follows;

WHY, WHAT IF, IF ONLY

Session 1 – THE OBSESSIVE QUESTION (*Why?*)

Session 2 – THE PERCEPTION OF FAIRNESS (*Why me?*)

Session 3 – THE FREQUENCY OF GUILT (*Was it my fault?*)

Session 4 – THE PROTESTING TO GOD (*Why did God allow this?*)

Session 5 – THE PROMISE OF RENEWAL (*You will make it!*)

Session 6 – THE REALITY OF HEALING (*I can live life again!*)

Session 7 – IN THEIR OWN WORDS (*All the interviews/testimonies from this series are on one DVD for your convenience.*)

Expandable curriculum

This curriculum is flexible and expandable as needed at the leader's discretion. Each session is approximately 30 minutes or less. After the video, the group leader opens it up for discussion time. Provided are several interesting discussion questions for each class.

Outstanding features

1. In this series of *WHY, WHAT IF, IF ONLY*, much of the information comes from others who have walked the difficult journey of grief.
2. The resource guide notes. To help the participants recall encouraging information presented in the series, Grief Care Fellowship has transcribed every word from the videos into the resource guide notes. This is a take-home book for the participants to be encouraged from long after the class is over.
3. Powerful interviews are included in each session. True accounts of those who have traveled the paths of trauma, and grief.

They are as follows:

Nancy Self – Nancy shares her powerful story of how God helped her through traumatic loss after loss. Her story is of forgiveness and peace. She says, “God can do anything with our heart, we just have to give it to Him.”

Teresa – Teresa’s daughter delivered a baby girl that was not expected to live. As a neonatal intensive care RN, Teresa walks us through her emotions during that time including her anger towards God. She shares how she eventually was able to let God comfort her as only He can do.

Jackie – Mom Jackie tells about losing their son to a motorcycle accident and then their daughter to cancer. Children are not supposed to die before their parents. Jackie tells about dealing with this tremendous loss.

Carl and Diana – “Our 12-year-old son was instantly killed while he and a neighbor were playing with a gun they thought was empty”. Carl and Diana share a heart wrenching story of forgiveness and God’s comfort.

Mike and Amy – They experienced three significant family deaths in a short period of time. Mike and Amy share the grief upon grief upon grief and God’s presence through it all.

A BIBLICAL WAY TO BUILD YOUR GRIEF TEAM:

The apostle Paul states in 2 Corinthians 1, when he writes to the church:

1. God gives the ministry of comfort to the local church. So many times, the local church gives this responsibility to local secular groups, who may or may not keep Christ in the center. We believe that without Jesus Christ at the center of your grief ministry, there is no lasting comfort for hurting people. All of Grief Care Fellowship materials are biblically based.
2. The people who have been comforted by God are some of the most helpful and best people to comfort others.

Therefore, do not over-look this resource for your church. Sometimes, after people lose their loved ones, they wonder how they can be used by God. When a church only offers a support group, it cannot help the griever move forward to help others. They need some special training to help another griever through the process of grief.

You can grow your grief outreach substantially by providing the people who have been in your grief support group the opportunity to take the training course *The Journey in Grief Care*. You will equip the new griever with biblical knowledge and skill so God can use them to offer comfort to others who have suffered loss.

The Journey in Grief Care is a 12 module video series that equips and prepares God's people to skillfully help others suffering the hurt and devastation of the loss of a loved one. Upon completion, a certificate of Master Grief Mentor will be sent to the leader for the pastor's signature before presentation. A church should consider training at least one group each year or offer two or three classes each year.

This is Discipleship in Action

Combining these series will provide the church with a steady source of trained and skilled grief team workers who know what to say and do. Ministering to those affected by death is a large mission field. The church needs to reach out to people's *families*, especially those in the community and after the funeral, when it gets very lonely for a survivor.

**All Grief Care Fellowship series are available on line at:
griefcarefellowship.org**

THE JOURNEY IN GRIEF CARE – Training and equipping series

HOPE BEYOND TODAY – Support group series

WHY, WHAT IF, IF ONLY – Support group series

GRIEVING THROUGH THE HOLIDAY – Self-contained seminar for your church to sponsor around the holidays

*Grief Care Fellowship is a 501(c)(3) not-for-profit ministry.
The staff are professionals who volunteer their time and wisdom to
serve God in this capacity.*



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