



## You're Not the Boss of Me I Part 2

04.14.24

### **START TALKING | (Find a conversation starter for your group)**

- What was the best thing that happened to you last week?

### **START EXPLORING | (Read the Bible)**

Read Romans 5:3-5.

- How has pain and grief in your life help develop your character?

### **START SHARING | (Choose a question to create openness)**

- What is your earliest memory of an experience of loss or grief?
- How does grief try to control or “boss you around”?
- What are other emotions that partner with grief?
- Why can acceptance be so difficult when one is experiencing a season of grief?

### **Start Praying. (Be bold and pray with power)**

*“Father, I realize that emotions are powerful things. I feel them in my body and if left unchecked, these emotions can become the “boss of me.” So, when it comes to grief—I’m struggling. This pain can feel like too much. The dark days, and the moments of sorrow can be overwhelming. So bring hope and healing. Let me see your bigger plan for joy in my life. Most of all, I want to accept this loss so that I can come to terms with the past and live today. I pray this in His name, Amen.”*

### **Start Doing. (Commit to a step, and live it out this week)**

Take a moment this week to listen to Everlasting Light by Mosaic MSC.