

Understanding Grief (GRF)

Australian College of Theology name: *Understanding Grief*

Unit Description

How can we grow in understanding God's offer of comfort to those who are experiencing grief? Raise your awareness of the causes of grief and the depth of grief that may be experienced. Examine the process of grieving, as well as how you can support someone in grief.

Aim

To introduce you to an understanding of grief and a Christian response to supporting people through the grieving process.

Learning Outcomes

1. To be able to express a biblical understanding of grief;
2. To be able to understand the different kinds of grief;
3. To be able to understand the signs and process of grieving;
4. To be aware of the main helps and hindrances to providing Christian support to a person or family in grief.

Content

1. Biblical teaching on grief
2. A general overview of the character of grief, the reasons for particular responses and the help needed to resume "normal" life
3. Specific types of grief: Showing how the general principles of grieving are worked out in both acute and long-term situations, e.g. death of parent/spouse/sibling/child; traumatic grief; grief of disability; the grief associated with suicide, separation and divorce, infertility, unemployment.
4. Supporting a person in grief: A discussion of the various ways a minister and a congregation can support a grieving person so that they are both spiritually and practically aided in their time of grief. Various approaches are discussed which allow the gospel to direct all that we do.