

# Understanding Grief (MAP21)

**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 depths of grief that may be experienced. Examine the process of grieving, as well as how you can support someone in grief.

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This unit is designed to raise your awareness of the causes of grief and the depth of grief that may be experienced. The process of grieving is examined as well as how you can support someone in grief.

## Learning Outcomes

At the conclusion of this unit, you should be able to:

1. Express a biblical understanding of grief – its causes and effects;
2. Understand the signs of grieving;
3. Be aware of the main helps and hindrances to providing Christian support to a person or family in grief;
4. Understand how the gospel can be proclaimed to grieving people.

## Content

1. Biblical teaching on grief compared and contrasted with that of Kübler-Ross, Erikson and other recent theorists
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.