

Walking the Broken Road – Week 4

“Jesus, Lazarus and Me.”

John Douglas and Don Magness

1. **Determine to Go**... Reasons I have for excusing myself from addressing grief / pain in others:
 - a. Ask God to clear your *thoughts* so you can identify the *pain* around you.
 - b. Thank God that you are not the first *responder*. Who is? *Jesus*.
 - c. Armor up by *meditating* on the cross and resurrection.
 - d. Allow yourself to *weep*.
 - e. Speak *Briefly*.
 - f. Ask to *Pray* for family and friends. *Compassionate actions* speak louder than words.
 - g. Enlist a *Community of Compassion* for your community of pain.

2. **As You Go**
 - a. Ask God to clear your *thoughts* so you can identify the *pain* around you.
 - b. Thank God that you are not the first *responder*. Who is? *Jesus*.
 - c. Armor up by *meditating* on the cross and resurrection.
 - d. Allow yourself to *weep*.
 - e. Speak *Briefly*.
 - f. Ask to *Pray* for family and friends. *Compassionate actions* speak louder than words.
 - g. Enlist a *Community of Compassion* for your community of pain.

Questions:

1. What excuses can you think of for not reaching out to someone in grief / pain? Have you used any of these excuses yourself?

