Discussion Questions

Kyle begins the conversation by exploring the strategies we use to avoid grief. In your own opinion, why do we try so hard to avoid the work of grief?

In reflecting on her own experience with traumatic grief, Joya recalled what it meant to walk through the valley with others who had come alongside her during the process. How have others supported you during your valley moments? How do we help others journey through their valleys? How do we approach the valley moments together?

The panelists were asked to share the practices, traditions, rituals, and/or liturgies that have allowed them to process their grief. What are some that have had an effect on your process?

What are you longing to return to? Is this a real or an imagined experience?

How, in times of joy, do we build up the muscles to express grief?

Joya named that we are a culture of consumption; how do we let something go while giving thanks for it and what it meant to us? How do we honor this in our present circumstances?

What has been the role of grief in your own faith formation?

Struggle with God is faithful struggle. In what ways have you acknowledged your struggles?