

Reflection

If you are going to be with others in their grief and sense of loss, it's important to face your own mortality and fears surrounding death.

Answer the following questions and share your answers with your group.

1. Have you ever experienced the death of someone close to you? If not, have you ever experienced the death of a beloved pet?

2. Can you relate to Dr. Kübler-Ross' five stages in any way?

3. Do you have any fears about death?

4. Does your Christian faith offer you any comfort when you think about death?

5. What helped you most when you were grieving?