6) Healing starts with mourning

A) Bibletext: 1 Peter 5:6-7

- We all face losses in our life (health, death, stealing…). When we face losses, we can either mourn that our heart gets healed and finally we find peace again or we can get bitter or angry. Healing can bring unity but bitterness and anger will bring division and conflict. The bible encourages us to help people on their way of mourning.
- 1 Peter 5:6 tells us, when we humble ourselves under God's mighty hand and cast our anxiety on him it helps to walk the path of healing.

B) Show the picture and explain it

- Mourning is a process that takes time, courage and energy; it is like a journey that takes us through several villages until it leads to the village of healing. However, the mourning journey is not always straight. It often goes back into the previous villages (see the small path going back).[1]
- Some people think, when we have just trust and God's promises, we cannot suffer and or weep when we are in sorrow. But God created us with the ability and the need to grieve; otherwise, healing cannot happen. Example: When you lose your beloved one or something that is important for you, you should be free to mourn.
- How can we help people on their path of mourning:

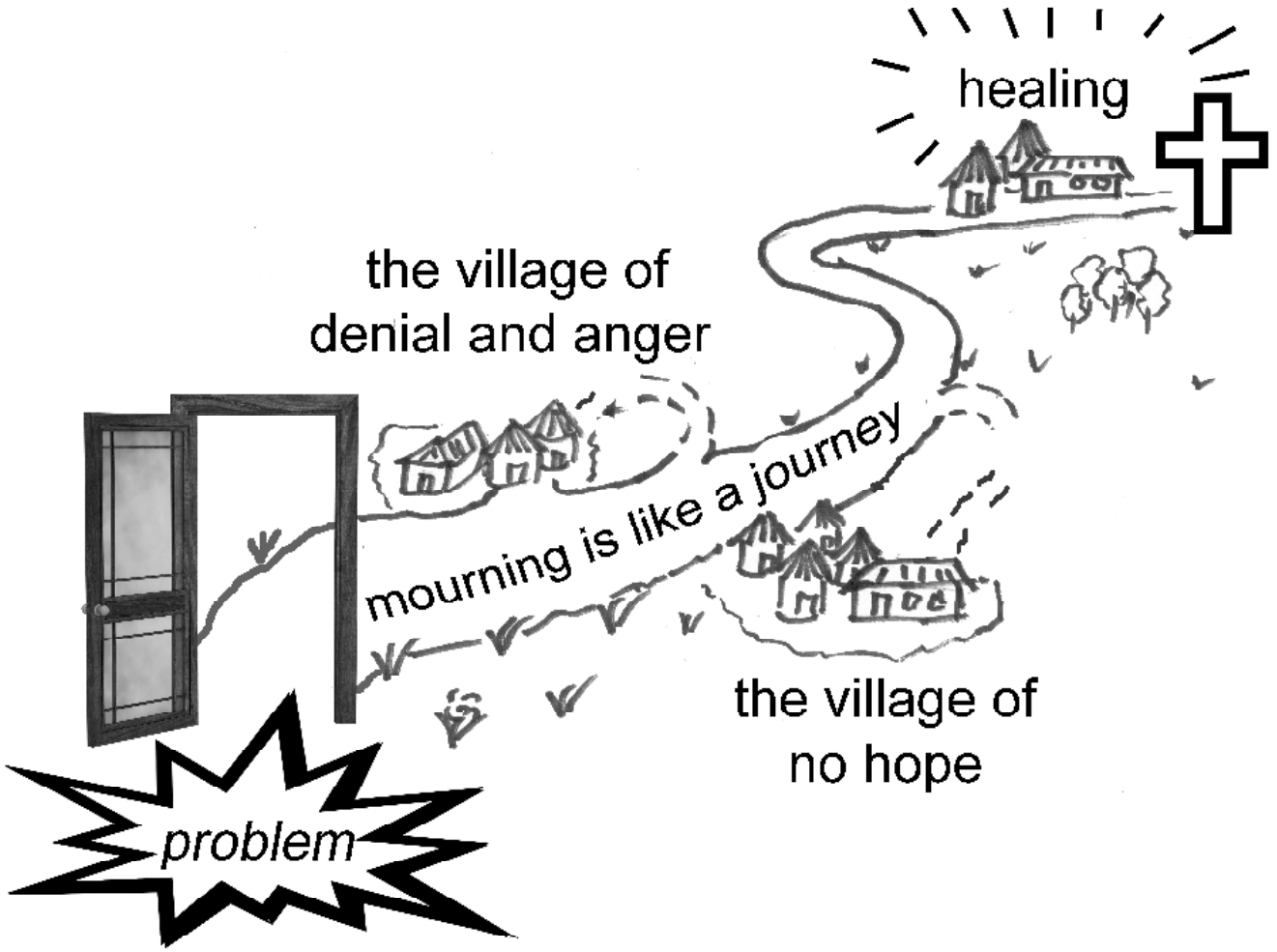
1. We show love to each other.
2. We help each other to feel save and help each other.
3. We encourage them to make a decision and start the journey of healing.
4. We encourage them to share pain with wise people whom they can trust and with God.
5. We share testimonies of people who got healed. We help to understand what has happened.

D) Application:

- Think silently: Is there something that needs mourning? What can help you to walk the journey of mourning?
- Then the priest calls those who need prayers to come in front and kneel down. The Priest prays for them by putting his hand on their shoulder or their head. During this time the Christians can sing the song 253/306.

[If you are tired and you have a heavy heart – share it with Jesus /Even if your happiness has gone out, you speak to Jesus. /Speak to Jesus, speak to Jesus – he is the best friend. /He is the best friend in deed – you speak to Jesus.]

[1] Adapted from: Hill, Harriet u.a. (2013), Healing the wounds of Trauma, American Bible Society.



How can we help people on the way of mourning:

mourning

Job 2:11-13

sharing pain

peace enters