

Prayers for a Grieving Heart – Part 2

Grief is a form of suffering that we feel when we or *someone else* has lost something or someone.

When we started this event, we talked about our own grief and personal loss. But something this week became very real and heartbreaking. It's realizing the grief and the losses of people in *other* cities inside Ukraine who are experiencing severe tragedies and suffering from acts of terrorism.

What are some of the new realities that we are facing in this war? What's events are happening?

- Killing in the Bucha area showing the Russian's two faces. They say they are trying to help people but this is not true. Journalists are starting to reveal the truth.
- Violence against civilians. It's one thing when soldiers fight with soldiers during war. This is bad, but violence against civilians, especially women and children. People are testifying that women are being killed and raped. And children were killed. These are war crimes. Even in the Bible, soldiers asked John the Baptist what they should do to be saved. He said not to offend civilians. When soldiers do this, these are war crimes.
- In the south and east of Ukraine, these people supported the Russian candidate during the election. But now, I don't know who supports the Russian federation who is showing hatred to these people. We know now that we won't have the same relationship with Russia. I don't know why they did this if they wanted a relationship with Ukraine.
- I saw people being murdered. I heard that women were raped in front of their families and can't imagine how humiliating and awful this must have been for the family's to see – children, husbands. People's limbs were cut and their bodies thrown into ditches. Soldiers were drunk and just shooting anybody for any reason – people who were simply walking down the street. I fear that people in the east are going to experience more of this if something doesn't change.
- They are shooting people in cars to rob them. They killed them, especially men, to avoid resistance and problems. This can be out of fear but killing women and children has nothing to do with fear.
- Buildings and civilian apartments have been destroyed. Hospitals and ambulances have been bombed. These again are beyond what is considered normal in war according to international law.

What losses are people in these cities experiencing?

- Homes
- Lives
- Health
- People experienced psychological damage
- People saw these traumatic situations and causes mental trauma
- Russians insisted not to remove the dead bodies from the streets in order to scare people
- Peace
- Jobs
- Education
- Spouses
- Relatives
- Bright future because they have lost everything

TalkEnglish

- Some who have left the country will never return because they have lost everything
- No one knows when this will end and could happen again
- The country lost many people
- Future feeling of security
- Maybe people have lost their belief in God
- Children
- Joy in this life

Look at the list of ways grief can appear (*Lesson 1*). What does your grief look like with this more recent news? What feelings are you experiencing?

- Angry, impatient, overwhelmed, fear, feeling powerless
- Feeling like this is unfair and unjust. Why God is this happening to us?
- Crying, shock, seeing a mother who couldn't bury her daughter, depressed. We also need good news, like hearing how women are still bearing children. I also feel like our country has been in chronic stress – Chernobyl, the Orange Revolution, the war in East Ukraine, now a war in our entire country
- Numb, my soul was frozen, angry. Wondering why did this happen? I went to praise and worship, and it helped me. Afterwards, I felt relief.
- Anger and wanting revenge on the soldiers. Thinking about it all the time only led to more negative feelings. I realized that my anger cannot help people. I know that God will judge these people if they do not repent. Also, I didn't want the pictures I saw to stay in my mind.
- Some people resist out of justice, others resist out of rebellion, and others just give up.

Jesus says that he wants us to carry us. How do we let Jesus carry our grief and sorrows?

- Allow ourselves to feel our grief with Jesus as we pray
- Be honest, open, and share with Jesus the details of our situations
- Share with him our deepest feelings, needs, and questions
- Accept that it is normal to have negative feelings when we've experienced loss

While we may feel tempted to hold our feelings and situations inside our hearts, sharing everything we feel and the details of our situations with Jesus is our first step toward healing.

Prayer Statements:

Jesus, the people in Ukraine are experiencing _____ (Share some details about their situation.)

Jesus, they have lost _____.

I feel _____.

Jesus, I confess that I have grieved in unhealthy ways by _____. Would you forgive me?

Jesus, I know that you forgive me. Please help me _____.

Lord, Ukraine needs your help. Would you _____. (State what is it that you want Jesus to do.)