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&

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Evangelical Lutheran Church in America

God's work. Our hands.

**NAMING OUR LAMENTS
&
RECOGNIZING OUR RESILIENCY**



KUBLER-ROSS

FIVE STAGES OF GRIEF

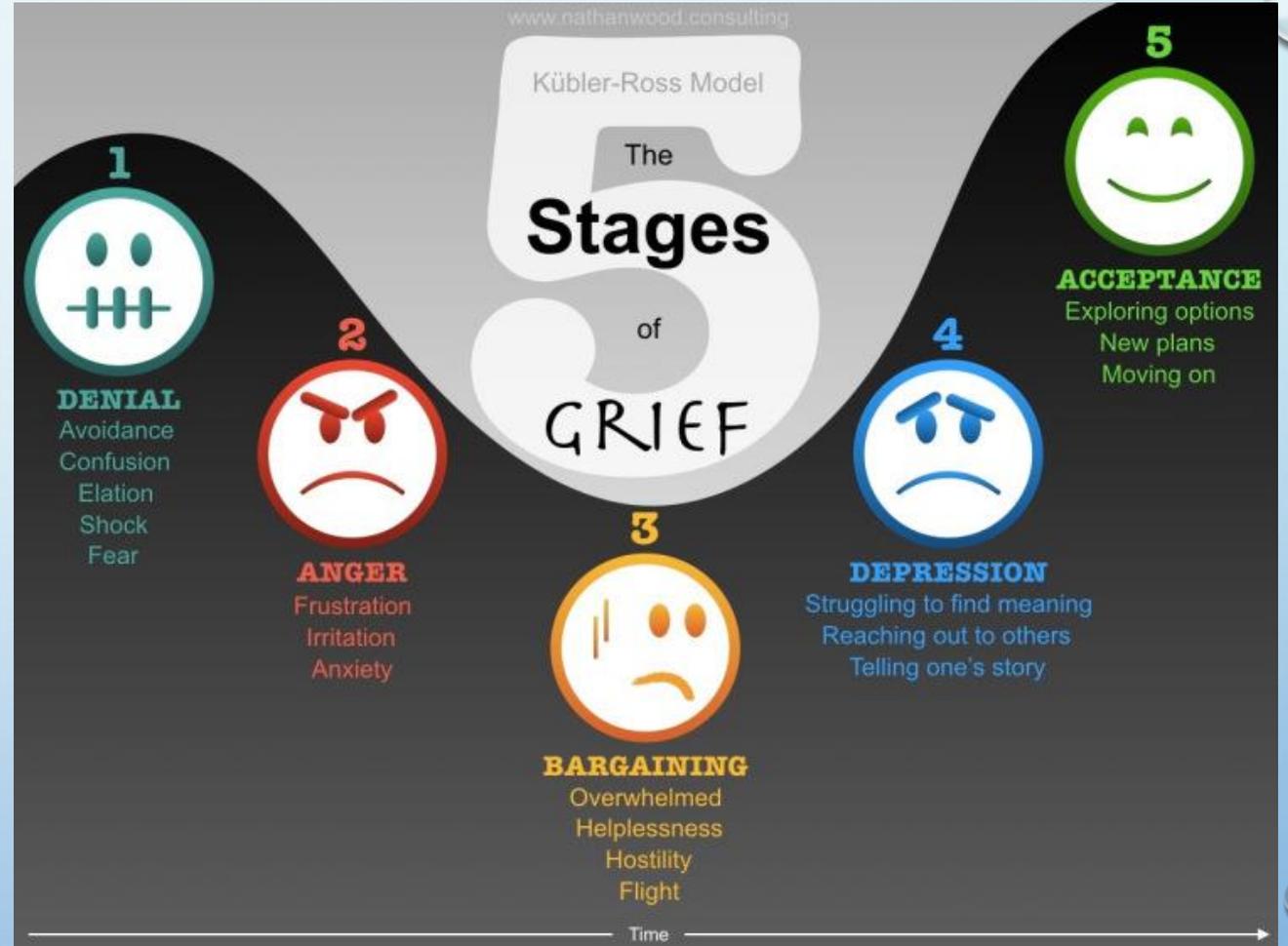
DENIAL

ANGER

BARGAINING

DEPRESSION

ACCEPTANCE



GRAPHIC CREDIT: WWW.NATHANWOOD.CONSULTING

NAMING OUR LAMENTS

- GRIEF UPON GRIEF
- UNCERTAINTY UPON UNCERTAINTY



LAMENT FOR THE DEAD BY JOSEPH HENRY SHARP

APOSTLE PAUL DESCRIBES HIS LAMENT:

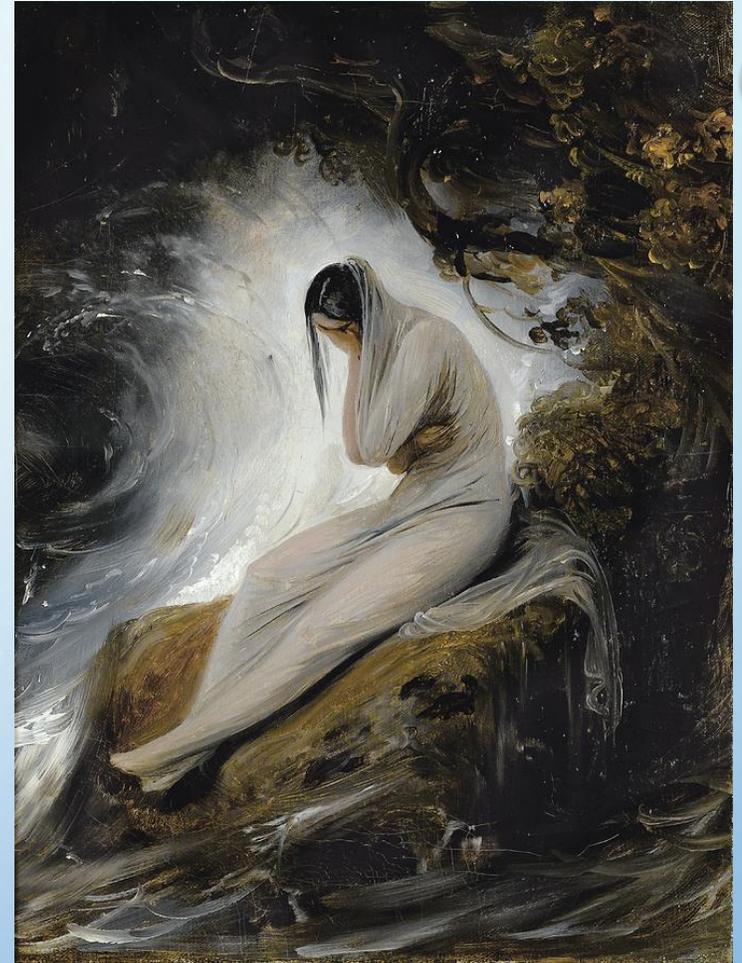
“I HAVE A GREAT SORROW AND UNCEASING ANGUISH IN MY HEART.” ROMANS 9:2



LAMENT AND LAUGHTER: BEING HUMAN BY BRIAN ZAHND

NAMING OUR LAMENTS

- ACKNOWLEDGE THE LAMENT IS REAL
- ACCEPT THAT LAMENT DOES NOT LEAVE EASILY OR QUICKLY
- NAME THE LAMENT SO IT DOES NOT GET STUCK DEEP INSIDE,
ROBBING US OF HOPE AND JOY
- HAVE COURAGE ... THIS TOO SHALL PASS



THE MAIDEN'S LAMENT BY HORACE VERNET

**GOSPEL:
AUGUST 2, 2020
MATTHEW 14:13-21**

“WE DO NOT GO INTO THE DESERT TO
ESCAPE PEOPLE BUT TO LEARN HOW TO
FIND THEM; WE DO NOT LEAVE THEM IN
ORDER TO HAVE NOTHING MORE TO DO
WITH THEM, BUT TO FIND OUT THE WAY TO
DO THEM THE MOST GOOD”

THOMAS MERTON

NEW SEEDS OF CONTEMPLATION



JESUS FEEDS THE 5000 BY LAURA JAMES

MATTHEW 14:13-21

OTHERS

JESUS WITHDREW
IN A BOAT
TO A DESERTED PLACE
BY HIMSELF

MEANING

WHEN HE WENT ASHORE,
HE SAW A GREAT CROWD;
AND HE HAD COMPASSION
FOR THEM.

HOPE

AND ALL ATE AND WERE FILLED;
AND THEY TOOK UP
WHAT WAS LEFT OVER OF THE BROKEN
PIECES,
TWELVE BASKETS FULL.
AND THOSE WHO ATE WERE
ABOUT FIVE THOUSAND MEN,
BESIDES, WOMEN AND CHILDREN

RESILIENCY



RESILIENCY

AFFIRMATION OF BAPTISM: FIVE GIFTS OF DISCIPLESHIP

OTHERS

- LIVE AMONG GOD'S FAITHFUL PEOPLE

HOPE

- HEAR THE WORD OF GOD AND SHARE IN THE LORD'S SUPPER
- PROCLAIM THE GOOD NEWS OF GOD IN WORD AND DEED

MEANING

- SERVE ALL PEOPLE, FOLLOWING THE EXAMPLE OF JESUS
- STRIVE FOR JUSTICE AND PEACE IN ALL THE EARTH



RESILIENCY RESOURCES

FAITH PRACTICES IN TOUGH TIMES

- 3 REFLECTIONS: OTHERS, HOPE, MEANING
- BIBLE FOCUS: DEATH, BURIAL & RESURRECTION (GOSPEL OF MARK)
- CONNECTS THE FIVE GIFTS OF DISCIPLESHIP (FROM THE AFFIRMATION OF BAPTISM)
- CREATE YOUR OWN RESILIENCY VISION BOARD

SETTING FREE OUR LAMENT

- 3 REFLECTIONS ON LAMENT: NOW; COVID-19; RACISM
- BIBLE FOCUS: LAMENT PSALMS
- CONNECTS THE FIVE GIFTS OF DISCIPLESHIP (FROM THE AFFIRMATION OF BAPTISM)
- CREATE YOUR OWN PSALM OF LAMENT

A PARENT'S GUIDE

- GIVES SUGGESTIONS OF FAMILY ACTIVITIES TO DISCOVER THE INWARD AND OUTWARD GIFTS OF DISCIPLESHIP (FROM THE AFFIRMATION OF BAPTISM)
- CREATE A FAMILY PLAN WITH ROUTINES WHICH INVOLVE FAITH PRACTICES

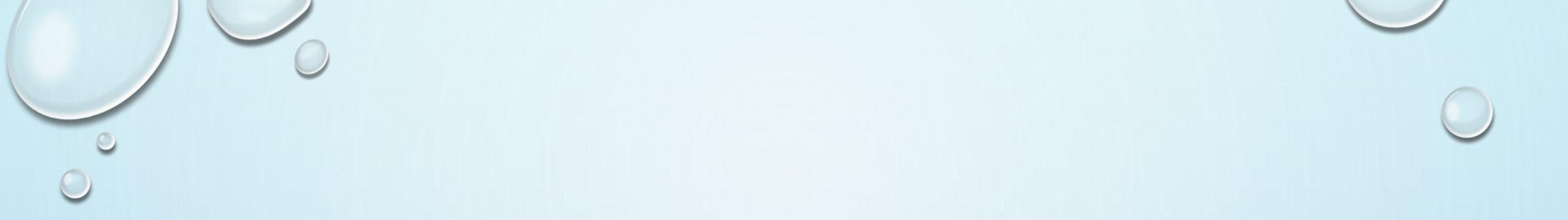


RESILIENCY RESOURCES FREE, ONLINE

ELCA.ORG/RESILIENCY (COMING SOON)
ELCA.ORG/RESOURCES/FAITH PRACTICES

MORE INFO: REV. BRENDA SMITH
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FOR THE LIVING OF THESE DAYS...

OTHERS: WHO ARE “THE OTHERS” FOR YOU?

HOPE: WHAT GIVES YOU HOPE?

MEANING: WHAT GIVES YOU MEANING?

