

Week 5: Fresh Grief, Fresh Glory

Main Passage: Isaiah 6:1–5

Starting Point

- What part of this week’s message stirred something in you?
- “There’s always another spiral”—how have you seen this be true in your own life?
- How do you tend to respond when grief or loss disrupts your rhythm?

Digging In

- Read Isaiah 6:1–5. What’s significant about Isaiah’s encounter with God happening “in the year King Uzziah died”?
- The message outlined *seven steps for spiraling up in grief*. Which one do you most need to sit with right now?
 1. Mourn specifically and thoroughly
 2. Deal with yourself gently
 3. Be vulnerable with community
 4. Talk to God honestly
 5. Share what you learn selflessly
 6. Interpret the struggle accurately
 7. Store your eggs carefully
- Why do you think God so often meets us in the middle of our mourning?
- Read Ecclesiastes 3:1–11. What comforts or challenges you about the idea that “there’s a time for everything”?
- The message described the seraphim in Isaiah 6 spiraling around the throne, seeing new facets of God’s glory each time. What does that reveal about how we grow through suffering?

Living It Out

- What’s one small step you can take this week to process your grief or loss in a healthy way?
- Where have you experienced fresh glory in the middle of fresh grief?
- What would it look like for you to steward your story—to share what you’re learning for someone else’s good?