



Study Guide, Episode 107–How to Grieve and Live with Happiness Again

2 Nephi 3-5

00:00-15:50	“QOTW: How do I grieve & feel happy again? The 4 Josephs”
15:51-19:57	“‘Out of weakness’ we are ‘made strong’; Loss is not just death”
19:58-27:49	“Every loss must be grieved for as long as you need; Grieve as a family”
27:50-36:42	“How to Grieve: TEARS; FEEL; The 5 Stages of Grief”
36:43-49:07	“It’s ok to feel angry; Dealing with guilt & shame is normal”
49:08-END	“‘Prosper exceedingly’ & Live after the manner of happiness”

- 1) What is your “weakness”? In what ways do you wish you were stronger? Have you ever experienced being “made strong” in your weakness “because of” Jesus Christ? In what ways? Pray about this, ponder & then write about this in your journal.
- 2) Make a “loss timeline” for yourself. On a sheet of paper, list the losses you’ve experienced in your life—including deaths & other losses (self-worth, finances, career, health, mental health, friends/family falling away, moving, etc). Then, plot each loss along a timeline of your life. This can help you see just how much loss you have experienced and identify which losses still need to be grieved.
- 3) If you’re experiencing loss/grief right now, listen to 27:50-36:42. Use the TEARS method to FEEL (Freely Experience Emotion with Love). Identify where you are in “The 5 Stages of Grief,” remembering they’re not linear, you can be in more than 1 stage at once & these can repeat or you may feel “stuck” for long periods of time. Write about your experiences. Reach out for professional help as needed. *Use this:* <https://www.drchristinahibbert.com/dealing-with-grief/how-do-we-grieve-grief-work-and-tears/>
- 4) Use the following article to help you do the work of grief as you identify and process your losses. Find links to many more articles/tools here as well: Dealing with Grief <https://www.drchristinahibbert.com/dealing-with-grief/>
- 5) Do you ever feel like you’re grieving, angry, or depressed but *don’t want* to feel grief, anger or depression? How might you let yourself remain open, let the feelings flow through you, and FEEL these things to HEAL these things?
- 6) What does “live after the manner of happiness” mean to you? How can you better do so? Listen to 49:08-END and write down the ideas that inspire you. Then, write about this in your journal and discuss this with your family, this week.

Resources

FB: [Like a Watered Garden Podcast Discussion Group](#)
[Like a Watered Garden Website](#)
[Dr. Christina Hibbert Website](#)
Email me: christina@drchristinahibbert.com
Instagram: [@likeawatered.garden](#) [@drchristinahibbert](#)
Facebook: [Dr. Christina Hibbert](#)