

# SESSION 8

## TOPIC: TURNING PAIN INTO PURPOSE

### INTRO

This session focuses on how helping others helps our own heart to heal. It concludes with a memorable **closing candlelight ceremony** (instructions in next chapter).

### SCRIPT

1. Last week's unfinished business.
2. Report on phone calls. How did they go?
3. Report on caring plan. How did they go?
4. Review: Have you discovered a spiritual lesson in your loss?

### DISCUSSION

In session 7, we talked about what spiritual lessons can be gained through the pain of loss. In this final session, we encourage you to explore how you can turn pain into purpose either by helping others who are grieving, too, or finding a new purpose in life. Use **Give Joy** (handout 1) for discussion.

- ☐ How do you view your life now?
- ☐ What meaning have you found, and how can you use that new meaning to create joy?

### CONCLUSION

- **Review this session.** Encourage participants to read handouts, journal their thoughts, and try this week's Resilience Rx self-care tip.
- **Continue phone calls**, a valuable asset. Call those not here tonight.
- **Closing candlelight ceremony**

### REMEMBER

- ✓ Start and end on time.
- ✓ Keep conversation moving and productive.
- ✓ Ensure every participant has an opportunity to share or pass during the discussion.
- ✓ Protect the conversation from being monopolized.
- ✓ Stay supportive yet neutral.

### MATERIALS

- ☐ Candlelight supplies
- ☐ Notebook & pen
- ☐ Index cards & pens
- ☐ Refreshments
- ☐ Nametags
- ☐ Tissue

### HOMEWORK

- ☐ Turning pain into purpose
- ☐ From despair to hope
- ☐ As we close
- ☐ What now?
- ☐ The holidays
- ☐ God's script
- ☐ Self-care assignment