

YOU'LL GET THROUGH THIS: AN INTERVIEW WITH DR. JERRY SITTSER

Life Group Questions | Sunday, July 12, 2020

What impacted you most from the interview?

Jerry talks about the need to give ourselves to suffering when it comes, but he also describes “good” and “bad” ways we might do that: indulging in our suffering, (letting it shrink us) versus being present to our suffering (letting it transform us). Look back on experiences of pain and sorrow in your life. How did you relate to your suffering in those seasons?

Jerry describes two powerful metaphors for suffering. Discuss how those pictures resonated with you or made you ponder:

1. Picture of the sun setting into darkness—there is a choice to walk “west” to chase after the light or to walk “east” toward the darkness with the hope that the sun will rise.
2. Picture of a stately oak tree that has to be cut down due to disease, leaving only a stump. The stump doesn’t go away, but there is an invitation to plant something new, something beautiful around it.

Discuss the advice Jerry gives to those who are walking with people through suffering:

1. Every person needs a small “team” of support. Don’t insert yourself if you don’t belong.
2. Be present, don’t talk. When you are invited to talk, let it be a *conversation*.

Discuss the advice Jerry gives to those who are walking through suffering:

1. Stay in it and stay at it. You won’t get over it, but you will grow into it. Don’t put your healing on a timeline.
2. Ritualize it. Identify tools and rhythms that will help you stay in this for the long haul.
3. Find help. A friend, counselor, mentor, pastor—we need these relationships.

Close in prayer. Begin with a moment of silent reflection. What pain are you carrying today? What would it look like to be present to that pain and let God transform you through it?