



**Getting to
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Loss

“Wanna Get Away?”



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Luke 23:46-49 Jesus called out with a loud voice, “Father, into your hands I commit my spirit.” When he had said this, he breathed his last. ⁴⁷ The centurion, seeing what had happened, praised God and said, “Surely this was a righteous man.” ⁴⁸ When all the people who had gathered to witness this sight saw what took place, they beat their breasts and went away. ⁴⁹ But all those who knew him, including the women who had followed him from Galilee, stood at a distance, watching these things.

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Matthew 27:57-61 As evening approached, there came a rich man from Arimathea, named Joseph, who had himself become a disciple of Jesus. ⁵⁸ Going to Pilate, he asked for Jesus' body, and Pilate ordered that it be given to him. ⁵⁹ Joseph took the body, wrapped it in a clean linen cloth, ⁶⁰ and placed it in his own new tomb that he had cut out of the rock. He rolled a big stone in front of the entrance to the tomb and went away. ⁶¹ Mary Magdalene and the other Mary were sitting there opposite the tomb.

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Acknowledging - Naming Your Loss

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**Why is it so hard to acknowledge
name your loss**

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**Why is it so good acknowledge
name your loss**

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Invitation

Invite the Holy Spirit to show you any loss, or losses, in your life that need to be acknowledged.

Name your loss to God and welcome Jesus into the pain of that loss

Share your loss with a trusted brother or sister in Christ and let them pray for you.

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