

Reflection Questions: Sacred Pain

1. Why is grief the pain that heals all pain? How is it the most important pain there is?
2. Where have I been tempted to rush past grief because the pain feels too uncomfortable, messy, or unresolved?
3. Have I ever used spiritual language to avoid telling the truth about what hurt?
4. When I say things like “God has a plan,” “I just need to forgive,” or “I should be over this,” am I moving toward honest comfort, or away from pain?
5. What loss, disappointment, injustice, or unanswered question still needs space to be named before God?
6. Where might I be confusing faith with emotional suppression?
7. Have I allowed myself to lament, or have I only allowed myself to explain?
8. What would it sound like to bring my sorrow honestly before the Father without correcting it too quickly?
9. Have I ever felt erased by someone else’s quick comfort, advice, Scripture, or explanation? What did I actually need in that moment?
10. When someone else is grieving, do I tend to sit with them, fix them, teach them, correct them, or move them toward hope too quickly?
11. What makes another person’s pain hard for me to witness?
12. Am I more comfortable offering answers than offering presence?
13. Where do I need to practice “sitting in the ashes” with someone before trying to bring beauty?
14. Are there places where I have judged someone’s suffering too quickly, like Job’s friends did?
15. What grief, doubt, anger, or confusion have I shamed in myself or someone else because it felt too threatening?
16. What would true comfort look like right now—not a platitude, not a spiritual Band-Aid, but the nearness of the Father in truth?
17. Where might God be inviting me to receive comfort slowly instead of demanding that I feel hopeful all at once?
18. What is sacred pain?