The Grieving of Jesus and His Friends

Some features to help you determine if you want to *TRY ON* the grief because the circumstances are similar to your own:

- Incarceration
- Betrayal
- Isolation
- Torture

Some feelings to help you determine if you want to *TRY ON* the grief because the emotions are similar to your own:

- Abandoned
- Loneliness
- Resignation
- Foreboding

A summary about what happened.

Jesus had a last meal with those closest to him because he knew he was going to be arrested. Then, he invited three close friends to pray with him. Jesus declared his desire for the will of God to happen. He wept and prayed the same prayer multiple times. One of his friends led some soldiers to where he was praying and had him arrested. He did not fight back and even told others to put their swords away. When accused and beaten he remained silent. He spoke to his captors about the power of the heavenly Father.

Some of the actions of Jesus and His friends that you can TRY ON to see if any fit you well:

- **Spend time together** - Communicate with those closest to you. Try not to leave anything unsaid. Communicate how you feel and what you anticipate will come.
- **Gather for prayer or crying** - Invite those closest to you to pray with you. Even if others do not want to pray, invite them to support you while you pray. Express emotions to God or others.
- **Repeat phrases** - Meditation on one word or phrase that captures how you feel can be therapeutic. Is there a phrase from the Bible or book that inspires you to face what is coming? Sharing that phrase with others can help them face it with you.

Some of the phrases of Jesus and His friends that you can TRY ON to see if any feel right for you:

- My soul is swelling with sorrow.
- Pray with me.
- Father, your will be done.
- Put your swords away.

Some ideas you can *TRY ON* with a child:

- **Pray somewhere special** - Consider if you have a favorite meeting spot that would be good to weep and pray together. Ask your child to name some people who would be good to invite to join you. Spend time together and separately praying and crying to God together.
- **Repeat yourselves** - Ask your child if there is a phrase or word that matches how your child feels. Speak that feeling over and over. Share what you wish would happen, and ask your child to share what your child wishes would happen.
- **Stop attacks** - Inform your child of the dangers of attacking others. If hostility is present between you and your child, express your desire to stop fighting and disarm the frustrations. Tell your child that you understand the desire to fight against what is happening.

A summary of what happens next:

After his arrest, Jesus was sentenced to death, and soldiers admitted that Jesus died in a godly way. Jesus did not have a grave or tomb, but a righteous man took the body of Jesus to his tomb and prepared the body for burial. The women who had cared for him watched where he was taken and came back on the third day to prepare the body for burial. The body was gone. They were told that he had been raised and fled in fear. Later the resurrected Jesus met them, invited them to tell his close friends, and then shared meals with them again.

Where to find the Grieving of Jesus and His friends:

Matthew 26-27, Mark 14-15