

Course Syllabus: Effective Grief Counseling: A Guide to Counseling and Supporting the Grieving

Course Description

This course is designed to equip students with biblical and practical tools to support and counsel individuals experiencing grief and loss. Drawing from the principles outlined in *Effective Grief Counseling: A Guide to Counseling and Supporting the Grieving* by Dr. Tony V. Lewis, the course integrates Scripture, reflective exercises, and counseling techniques to provide holistic care to grieving.

Course Objectives

By the end of this course, participants will:

1. Understand the nature of grief through a biblical lens.
 2. Apply Scripture and prayer in supporting the grieving.
 3. Develop active listening and empathy skills.
 4. Counsel individuals in various stages and types of grief.
 5. Provide practical and spiritual care to grieving individuals and communities.
 6. Recognize when to refer individuals to professional counselors.
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Course Outline

Week 1: Introduction

- The Biblical Call to Comfort the Grieving (2 Corinthians 1:3-4)
 - Overview of the grieving process and the counselor's role.
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Week 2: Chapter 1 – Understanding Grief Through a Biblical Lens

- The Nature of Grief and Loss
 - How the Bible Addresses Suffering (Job, Psalms, Jesus' Life)
 - The Role of Faith in Grief
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Week 3: Chapter 2 – Biblical Principles for Offering Comfort

- “Mourn with Those Who Mourn” (Romans 12:15)
 - The Ministry of Presence
 - Reflecting Christ’s Compassion
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Week 4: Chapter 3 – Listening with Love and Compassion

- Active Listening Skills
 - Empathy in Action
 - Lessons from Job’s Friends: When to Speak and When to Be Silent
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Week 5: Chapter 4 – Praying with and for the Grieving

- The Role of Prayer in Healing
 - How to Pray with Someone Who is Hurting
 - Biblical Prayers for Comfort and Peace
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Week 6: Chapter 5 – Sharing Scripture for Comfort and Healing

- Key Bible Verses for Grief and Loss
 - Applying Scripture to Different Stages of Grief
 - Leading with Hope: God’s Promises for Healing
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Week 7: Chapter 6 – Encouraging Faith in Times of Suffering

- Reaffirming God’s Love and Sovereignty
 - Addressing Doubt and Spiritual Questions
 - Helping Others Trust God’s Plan (Proverbs 3:5-6)
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Week 8: Chapter 7 – Helping the Grieving Find Purpose and Meaning

- Understanding God’s Purpose in Pain (Romans 8:28)
- Encouraging Service and Ministry After Loss
- Walking Through Grief with a Kingdom Perspective

Week 9: Chapter 8 – Supporting Practical Needs During Grief

- Meeting Physical and Emotional Needs
- Practical Ways to Serve the Grieving
- The Importance of Community in Healing

Week 10: Chapter 9 – Counseling the Grieving with Grace and Wisdom

- Basic Counseling Techniques
- Recognizing When to Refer to Professionals
- Providing Long-Term Support

Week 11: Chapter 10 – The Healing Journey

- Encouraging Healthy Coping Mechanisms
- Moving from Mourning to Joy
- Gently Encouraging Hope and New Life

Week 12: Chapter 11 – Biblical Models of Comfort and Care

- Lessons from Jesus: Compassion in Action
- Paul's Pastoral Care
- Other Biblical Examples of Comforting the Grieving

Week 13: Chapter 12 – Counseling Different Types of Grief

- Supporting Individuals Through Various Losses (Death, Illness, Divorce, Suicide)
- Tailoring Approaches to Specific Grieving Experiences

Course Activities

1. Weekly readings from the book.
2. Participation in group discussions on case studies.
3. Reflection papers exploring personal and biblical insights on grief.

4. Role-playing exercises to practice counseling techniques.
 5. Final Project: Develop a comprehensive grief support plan for a specific scenario.
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Required Text

- *Effective Grief Counseling: A Guide to Counseling and Supporting the Grieving* by Dr. Tony V. Lewis.
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Evaluation Criteria

- Participation and Discussions: 20%
- Book Report: 25%
- Case Study Presentations: 25%
- Final Exam: 30%

This syllabus is tailored to provide students with both the theological and practical tools necessary for effective grief counseling and ministry.