

Week Three: Bargaining

Overview:

When something bad happens, have you ever caught yourself making a deal with God? “Please God, if you heal my husband, I will strive to be the best wife I can ever be – and never complain again.” This is bargaining. In a way, this stage is false hope. You might falsely make yourself believe that you can avoid the grief through a type of negotiation. If you change this, I’ll change that. You are so desperate to get your life back to how it was before the grief event, you are willing to make a major life change in an attempt toward normality. Guilt is a common wing man of bargaining. This is when you endure the endless “what if” statements. What if I had left the house 5 minutes sooner – the accident would have never happened. What if I encouraged him to go to the doctor six months ago like I first thought – the cancer could have been found sooner and he could have been saved. (Source: <https://www.psychom.net/depression.central.grief.html>)

Day One: Lectio Divina, *Matthew 26:36-44*

Then Jesus went with them to a place called Gethsemane; and he said to his disciples, “Sit here while I go over there and pray.” He took with him Peter and the two sons of Zebedee, and began to be grieved and agitated. Then he said to them, “I am deeply grieved, even to death; remain here, and stay awake with me.” And going a little farther, he threw himself on the ground and prayed, “My Father, if it is possible, let this cup pass from me; yet not what I want but what you want.” Then he came to the disciples and found them sleeping; and he said to Peter, “So, could you not stay awake with me one hour? Stay awake and pray that you may not come into the time of trial; the spirit indeed is willing, but the flesh is weak.” Again he went away for the second time and prayed, “My Father, if this cannot pass unless I drink it, your will be done.” Again he came and found them sleeping, for their eyes were heavy. So leaving them again, he went away and prayed for the third time, saying the same words.

Day Two: Fabella Divina (*see instruction sheet*)

Day Three: Visio Divina (“*Christ in Gethsemane*” by Micahel D. O’Brien)

Day Four: Imago Divina (*see instruction sheet*)

Day Five: Musica Divina (“*Adagio for String*” by Samuel Barber--<https://youtu.be/iZQsgE0L450>)

Day Six: Silentium Divina (*see instruction sheet*)

Day Seven: Worship on CEC’s YouTube Channel