

Bible Study: Walking Confidently Through Grief



THE SOUTH ATLANTIC REGION OF
DELTA SIGMA THETA SORORITY, INC. PRESENTS

the 2023 Bible Study Series

EPISODE 1

MARCH 23, 2023

8-9:30PM

**"WALKING THROUGH GRIEF
CONFIDENTLY"**



Rev. Tayon Williams Dancy
SOUTH ATLANTIC REGIONAL CHAPLAIN



Elder Joylette Hilliard
GASTONIA ALUMNAE CHAPTER

OPEN TO THE PUBLIC

In the Spirit

Rev. Tayon Williams Dancy
South Atlantic Regional
Chaplain

Elder Joylette Hilliard
Gastonia Alumnae Chapter



Agenda: Confidently Walking through Grief



- **When Grief Does Not Discriminate**
- **What is Grief?**
- **Grief Exhibits Itself in Many Ways**
- **Walking through Grief Confidently**
- **Where Do We Go From Here?**
- **The Grief Wheel**
- **The Grief Cycle**
- **How to Find Hope in Your Grief**



When Grief Does Not Discriminate

Elder Joylette Hilliard
Gastonia Alumnae Chapter

What is Grief?



Grief is the response to loss, particularly to the loss of someone or some living thing that has died, to which a bond or affection formed.

Although, conventionally focused on the emotional response to loss, grief also has physical, cognitive, behavioral, social, cultural, spiritual, and philosophical dimensions.

Psalm 34:18 The Message



18 If your heart is broken, you'll find God right there: if you're kicked in the gut, he will help you catch your breath.





Grief Exhibits Itself in Many Ways:

- Death
- Loss of a job
- Decline in one's health
- Loss of relationships
- Caregiving
- Divorce
- Trauma





Loss of Career
Work for God
Testimonial

Sharon Murphy

Lamentations 3:31-32 NIV



31 For no one is cast off by the Lord forever.

32 Though he brings grief, he will show compassion, so great is his unfailing love.



Loss of Loved One
When the Unexpected Happens
Testimonial

Dr. Rico Wagner

“Pure Sugar”



Jhase Jorelle Simmons



2 Corinthians 1:3-4 The Message



3 All praise to the God and Father of our Master, Jesus the Messiah! Father of all mercy! God of all healing counsel.

4 He comes alongside us when we go through hard times, and before you know it, he brings us alongside someone else who is going through hard times so that we can be there for that person just as God was there for us.



Walking through Grief Confidently

Rev. Tayon Williams Dancy
South Atlantic Regional Chaplain

Jesus Comforts the Sisters of Lazarus



John 11:17-27 NIV

17 On his arrival, Jesus found that Lazarus had already been in the tomb for four days. **18**

Now Bethany was less than two miles[b] from Jerusalem, **19** and many Jews had come to Martha and Mary to comfort them in the loss of their brother. **20** When Martha heard that Jesus was coming, she went out to meet him, but Mary stayed at home.

21 “Lord,” Martha said to Jesus, “if you had been here, my brother would not have died.

22 But I know that even now God will give you whatever you ask.”

23 Jesus said to her, “Your brother will rise again.”

24 Martha answered, “I know he will rise again in the resurrection at the last day.”

25 Jesus said to her, “I am the resurrection and the life. The one who believes in me will live, even though they die; **26** and whoever lives by believing in me will never die. Do you believe this?”

27 “Yes, Lord,” she replied, “I believe that you are the Messiah, the Son of God, who is to come into the world.”

Jesus Comforts the Sisters of Lazarus



John 11:28-37 NIV

28 After she had said this, she went back and called her sister Mary aside. “The Teacher is here,” she said, “and is asking for you.” **29** When Mary heard this, she got up quickly and went to him. **30** Now Jesus had not yet entered the village, but was still at the place where Martha had met him. **31** When the Jews who had been with Mary in the house, comforting her, noticed how quickly she got up and went out, they followed her, supposing she was going to the tomb to mourn there.

32 When Mary reached the place where Jesus was and saw him, she fell at his feet and said, “Lord, if you had been here, my brother would not have died.”

33 When Jesus saw her weeping, and the Jews who had come along with her also weeping, he was deeply moved in spirit and troubled. **34** “Where have you laid him?” he asked.

“Come and see, Lord,” they replied.

35 Jesus wept.

36 Then the Jews said, “See how he loved him!”

37 But some of them said, “Could not he who opened the eyes of the blind man have kept this man from dying?”

Jesus Comforts the Sisters of Lazarus



1. When grieving the possible death of their brother, the sisters called on the one who had the power to change the situation

JESUS

2. When grieving we must understand that God's timing is not our timing and His ways are not our ways
 - v6. He stayed where he was two more days,
 - v17. On his arrival, Jesus found that Lazarus had already been in the tomb for four days
 - v18 Now Bethany was less than two miles^[b] from Jerusalem

GOD is not confined by time nor distance

Jesus Comforts the Sisters of Lazarus



1. When grieving God reaches us in our individuality and meets us where we are.
 - For Martha, Jesus responded with biblical truth and reminded her that she was looking at the resurrection. She didn't need to wait for it to see her brother again.
 - For Mary, Jesus felt the pain of her loss and was troubled too, so He came alongside His friend and grieved with her.

Your Grief Process is Unique

2. When grieving people or circumstances we must believe that God is well able to heal, deliver, and make alive again.
 - It's God's prerogative whether he brings back to life or not, but we must know that He is always able.

GOD is Able



Long Lasting Grief
Healing From Past Trauma
Testimonial

Evangelist Yolanda Y. Speed

David's Relationship Woes



2 Samuel 12:9-14 NIV

9 Why did you despise the word of the LORD by doing what is evil in his eyes? You struck down Uriah the Hittite with the sword and took his wife to be your own. You killed him with the sword of the Ammonites. **10** Now, therefore, the sword will never depart from your house, because you despised me and took the wife of Uriah the Hittite to be your own.'

11 "This is what the LORD says: 'Out of your own household I am going to bring calamity on you. Before your very eyes I will take your wives and give them to one who is close to you, and he will sleep with your wives in broad daylight. **12** You did it in secret, but I will do this thing in broad daylight before all Israel.'"

13 Then David said to Nathan, "I have sinned against the LORD."

Nathan replied, "The LORD has taken away your sin. You are not going to die. **14** But because by doing this you have shown utter contempt for^[a] the LORD, the son born to you will die."

David's Relationship Woes



2 Samuel 12:15-20 NIV

15 After Nathan had gone home, the LORD struck the child that Uriah's wife had borne to David, and he became ill. **16** David pleaded with God for the child. He fasted and spent the nights lying in sackcloth^[b] on the ground. **17** The elders of his household stood beside him to get him up from the ground, but he refused, and he would not eat any food with them.

18 On the seventh day the child died. David's attendants were afraid to tell him that the child was dead, for they thought, "While the child was still living, he wouldn't listen to us when we spoke to him. How can we now tell him the child is dead? He may do something desperate."

19 David noticed that his attendants were whispering among themselves, and he realized the child was dead. "Is the child dead?" he asked.

"Yes," they replied, "he is dead."

20 Then David got up from the ground. After he had washed, put on lotions and changed his clothes, he went into the house of the LORD and worshiped. Then he went to his own house, and at his request they served him food, and he ate.

David's Relationship Woes



2 Samuel 12:21-24 NIV

21 His attendants asked him, “Why are you acting this way? While the child was alive, you fasted and wept, but now that the child is dead, you get up and eat!”

22 He answered, “While the child was still alive, I fasted and wept. I thought, ‘Who knows? The LORD may be gracious to me and let the child live.’ **23** But now that he is dead, why should I go on fasting? Can I bring him back again? I will go to him, but he will not return to me.”

24 Then David comforted his wife Bathsheba, and he went to her and made love to her. She gave birth to a son, and they named him Solomon. The LORD loved him; **25** and because the LORD loved him, he sent word through Nathan the prophet to name him Jedidiah.[c]

David's Relationship Woes



1. God is ultimately in control, but we have free will and choice.
2. We live in a fallen world due to sin and therefore there are trials and tribulation that we must face in this life.

God Allows Hardship in This Life

3. Sometimes we can bring grief upon ourselves because of our own choices, behaviours, and disobedience to God or cause grief for others.

Choices Can Bring About Grief

David's Relationship Woes



1. How did David respond when stricken with severe grief at the illness and death diagnosis of his son with Bathsheba?
 - David pleaded with God for the child.
 - He fasted and spent the nights lying in sackcloth on the ground.
 - The elders of his household stood beside him to get him up from the ground, but he refused.
 - He would not eat any food with them.

Grief Can Bring on a Cycle of Emotions

2. How did David and others respond once his son died?
 - His support system was scared to tell him because he was already severely mourning
 - David got up from the ground, washed, put on lotions and changed his clothes.
 - He went into the house of the LORD and worshiped.
 - Then he went to his own house, and at his request they served him food, and he ate.

David's Relationship Woes



1. Even at the death of a person or thing, we must keep the faith that all will be made well in eternity for those who believe
 - v23 But now that he is dead, why should I go on fasting? Can I bring him back again? I will go to him, but he will not return to me.”
 - David turned his thinking from this life to his eternal life.

To Live is Christ, and To Die is Gain

2. When life happens and all seems lost, we must know that God can restore our souls.
 - v24 Then David comforted his wife Bathsheba, and he went to her and made love to her. She gave birth to a son, and they named him Solomon. The LORD loved him;
 - Solomon went on to become one of the greatest and wisest Kings.
 - Many of David's other son's from his polygamous relationships and behaviours brought about negative family dynamics yet God still used David.



Grief in Relationships
“Soul Care”
Testimonial

Elder Marian Greene-Thompson



Finding Hope in the Midst of Grief

Rev. Tayon Williams Dancy
South Atlantic Regional Chaplain

Elder Joylette Hilliard
Gastonia Alumnae Chapter

WHERE DO WE GO FROM HERE?

- 1. One day, one step at a time.**
- 2. Take care of your mind, body, and soul.**
- 3. Seek grief counseling.**
- 4. Be intentional about your time with God.**
- 5. Accept the support of your village.**
- 6. Practice forgiveness!!**
- 7. Accept there is no blueprint in the natural for this process.**

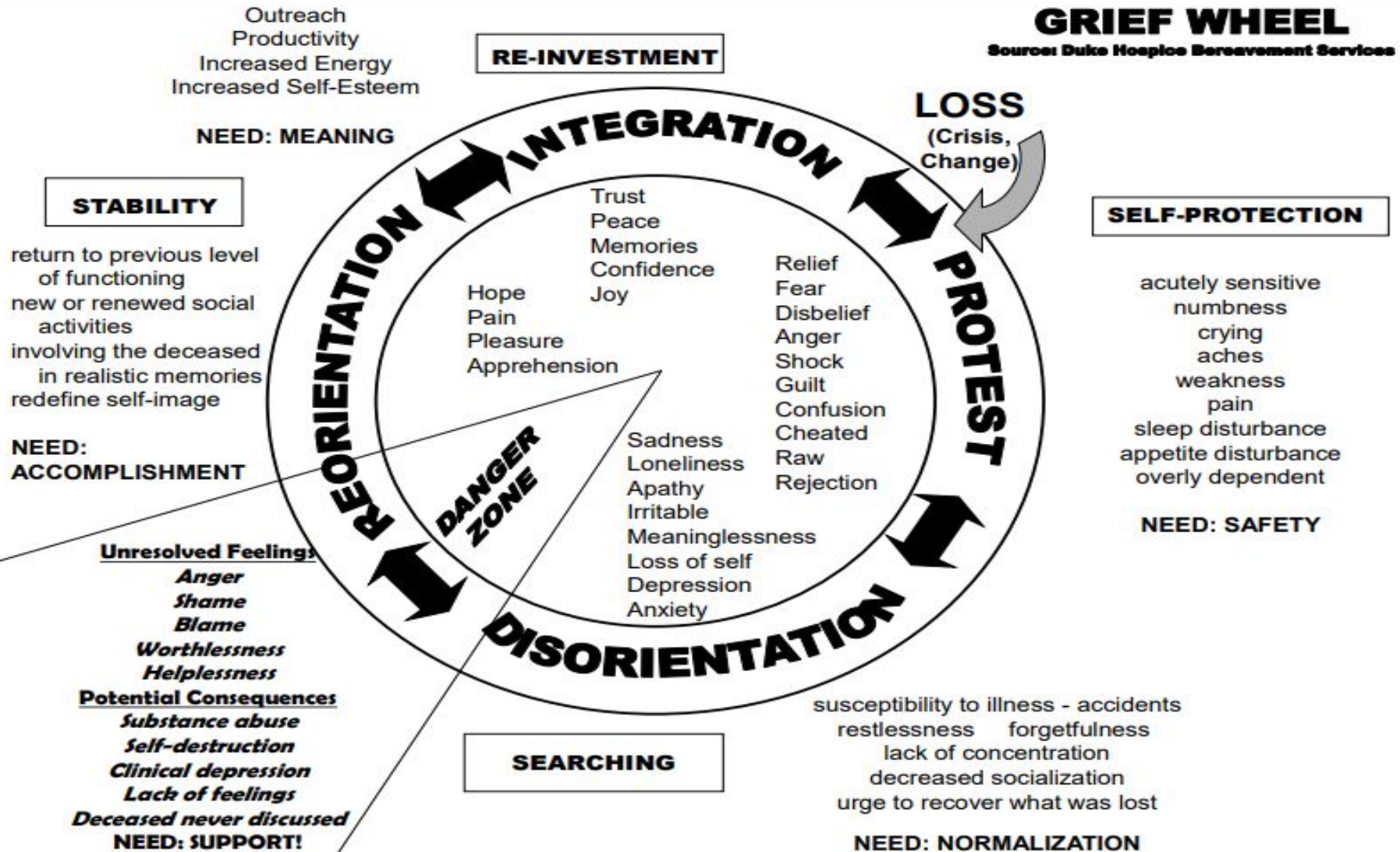


THE GRIEF WHEEL



GRIEF WHEEL

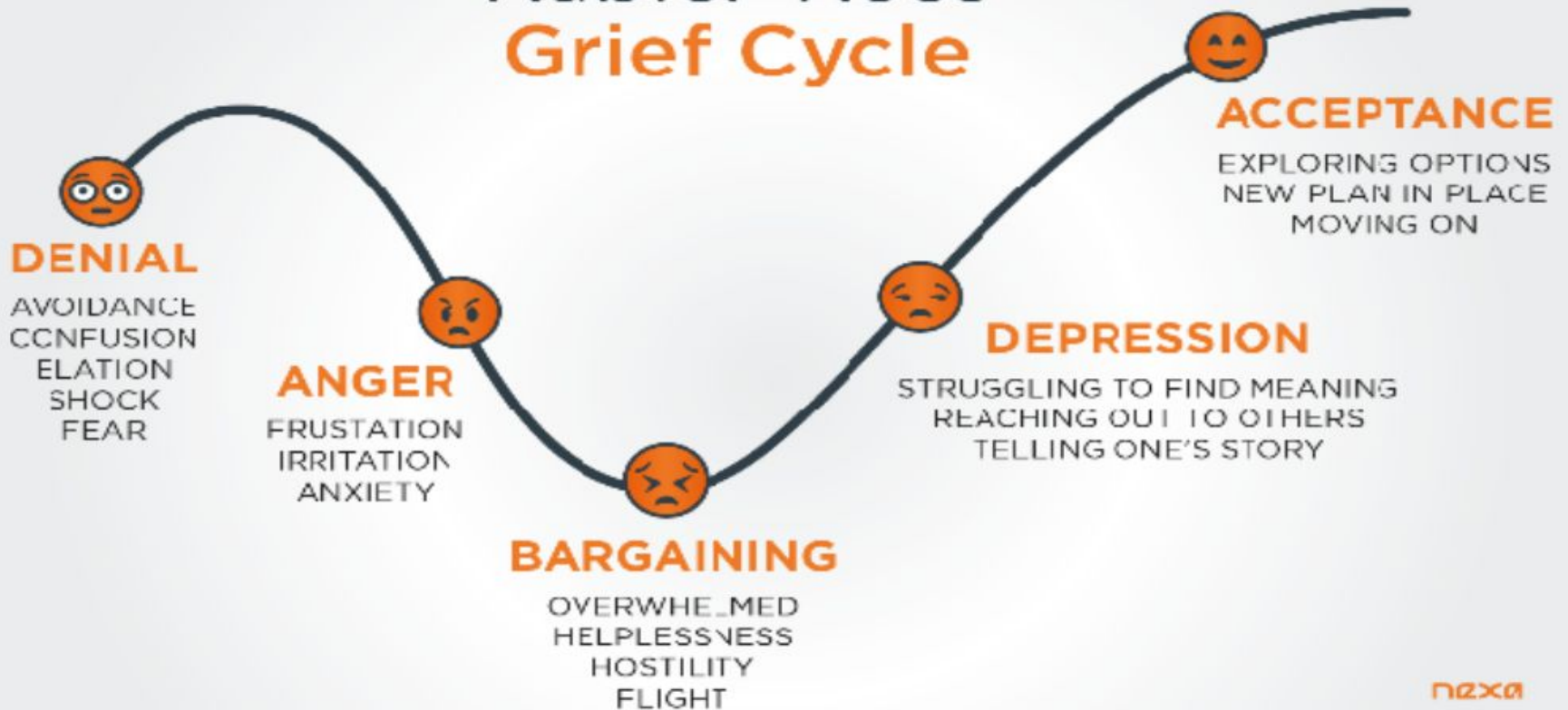
Source: Duke Hospice Bereavement Services



GRIEF CYCLE



Kübler-Ross Grief Cycle



nexa

INFORMATION
& COMMUNICATION

EMOTIONAL
SUPPORT

GUIDANCE
AND DIRECTION

HOW TO FIND HOPE IN YOUR GRIEF



- 1. Confess with your mouth and believe that Jesus is Lord and you will be saved.**
- 2. Believe that God is near to the broken hearted because the Holy Spirit is your comforter.**
- 3. Renew your mind by seeking God daily, hourly, by minute.**
- 4. Surround yourself with a support system.**
- 5. Pray, Pray, & Pray without ceasing.**
- 6. Seek grief counseling.**
- 7. Do not avoid the vulnerable place of grief.**
- 8. Feel all of the feels, Jesus did and He could raise people from the dead.**
- 9. Don't compare your progress to someone else.**
- 10. Live, laugh, and love.**

LET GOD BE GLORIFIED!!



Questions & Answer

**REGISTER NOW: *Easter Cantata:
What a Friend We Have in Jesus***

on Sunday,

April 16, 2022 at 5:00pm

https://zoom.us/webinar/register/WN_03ByXCrDSvuSCVR8nq3AMQ

CORE EVENT PLANNING TEAM



Rev. Tayon Williams Dancy – SAR Chaplain, Western Wake Alumnae, NC

South Carolina

- **Elder Dr. Marian Greene-Thompson**, Georgetown Alumnae, SC

North Carolina

- **Dr. Rico Wagner**, Charlotte Alumnae, NC

Virginia

- **Deaconess Marsicia Davis**, Fredericksburg Area Alumnae, VA

Bermuda

- **Dr. Vanessa Phillips-Williams**, Bermuda Alumnae, Bermuda

SAR CHAPLAIN 2023 BIBLE STUDY PARTICIPANTS



- **Chaplain SAR: Rev. Tayon Williams Dancy,** Western Wake Alumnae
- **Speaker: Elder Joylette Hilliard,** Gastonia Alumnae
- **Grief for Loss of a Relationship: Elder Dr. Marian Greene-Thompson,** Georgetown Alumnae
- **Grief for Loss of a Child: Dr. Rico Wagner,** Charlotte Alumnae
- **Grief for Loss of a Parent: Evangelist Yolanda Speed,** Charlottesville Alumnae
- **Grief for Loss of a Job: Soror Sharon Murphy,** Charlotte Alumnae
- **Technical Support Team: Dr. Christal M.N. Jenkins,** Knightdale-Wake Forest

SAR CHAPLAIN 2023 BIBLE STUDY PARTICIPANTS



- **Chat Management: Rev. Katrina Smith, Loudoun County Alumnae**
- **Question & Answer Chat Management: Rev. Claudia Cofield, Western Wake Alumnae**
- **SAR Tech Support:**
 - **Danielle Cooper, Richland County Alumnae**
 - **Casheila Heath, Newport News Alumnae**
- **SAR Secretary: Demetrics Davis, Durham Alumnae**
- **Information & Communications:**
 - **Bridgette Wilson, Raleigh Alumnae**
 - **Vee Seward, Virginia Beach Alumnae**
 - **Jessica Faison-Johnson, Raleigh Alumnae**



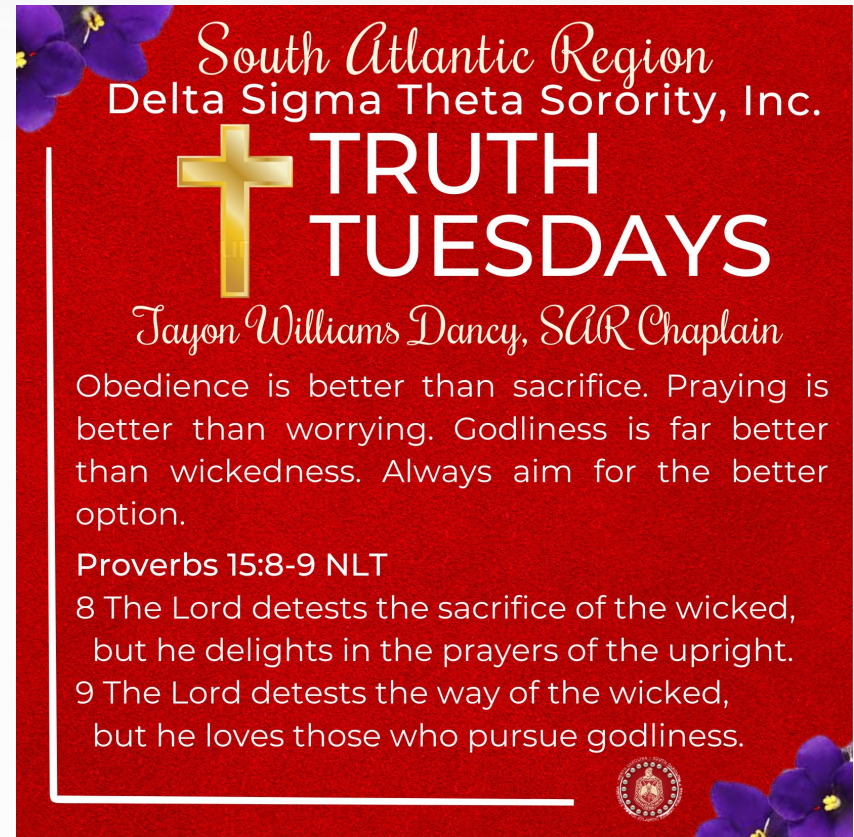
Backup

TRUTH TUESDAYS INSPIRATION



Continuing Truth Tuesdays:

- An opportunity to share inspirational scriptures and/or messages to Sorors and our Social Media followers.
- Begin sharing October through end of Sorority year.
- Post to our Social Media FB, Twitter, and Instagram pages Tuesday mornings. Posts can be shared by chapters or individuals.
- Sent via email to Chaplains & Chapter Presidents for distribution to chapter.
- Chapters and Sorors to share in chapter newsletter, social media pages, websites, and more.

A red rectangular card with a white border. In the top left corner, there are purple flowers. The text on the card reads: "South Atlantic Region Delta Sigma Theta Sorority, Inc." in a white serif font. Below this is a large white cross followed by the words "TRUTH TUESDAYS" in a large, bold, white sans-serif font. Underneath the cross and text is the name "Tayon Williams Dancy, SAR Chaplain" in a white cursive font. The main body of the card contains a white quote: "Obedience is better than sacrifice. Praying is better than worrying. Godliness is far better than wickedness. Always aim for the better option." Below the quote is the reference "Proverbs 15:8-9 NLT" and the verses: "8 The Lord detests the sacrifice of the wicked, but he delights in the prayers of the upright." and "9 The Lord detests the way of the wicked, but he loves those who pursue godliness." In the bottom right corner, there is a small circular logo and more purple flowers.

PRAYER, PETITIONS, AND PRAISE REPORTS



Philippians 4:6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

Weekly Prayer Call

- Hosted Weekly Thursdays
- 6:00 AM start time
- Prayer, praise reports, and petitions.

Monthly Chaplain/Clergy Intercessory

Prayer & Check-in



South Atlantic Region

MEDITATION & PRAYER Call

Join us weekly & invite a Soror.

Thursdays at 6:00 am

Call-in: 667-770-1025. Passcode: 498044#
Mobile one click:
667-770-1025,,498044#

Join by FCC App: Enter meeting ID: sarc2020

Hosted By:
Reverend Jayon Dancy
South Atlantic Regional Chaplain

Philippians 4:6-7 NKJV
6 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; 7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

CONTACT INFORMATION & HELPFUL LINKS



Contact Information

- Email: SARChaplain2020@gmail.com
- Mobile: 919-454-6400
- Mail: PO Box 1364, Apex, NC 27502

Helpful Links:

- ***In the Spirit Prayer Request* Form:**
<https://www.dstsouthatlanticregion.org/inthespirit>
 - Prayer Request Form is on the website and can be submitted by any Soror.
 - Chapter Presidents & Chaplains should share the link to the Prayer Request Form.
- ***Clergy Data Request* Form:**
https://www.cognitoforms.com/TayonDancy/_202122saregionclergydatarequestform
- ***Chapter Chaplain Data Request* Form:**
https://www.cognitoforms.com/TayonDancy/_202122SARPresidentsAndChaplainsRequestForm

DELTA SIGMA THETA SORORITY DISCLAIMER



ALL CONTENT SHARED, DISPLAYED, OR OTHERWISE PRESENTED DURING THIS MEETING, INCLUDING BUT NOT LIMITED TO SORORITY MANUALS, CEREMONIAL RITUALS, AND OTHER MATERIALS THAT CONTAIN DELTA'S TRADEMARKS, COPYRIGHTS, OR ANY OTHER INTELLECTUAL PROPERTY, IS OWNED AND CONTROLLED BY DELTA SIGMA THETA SORORITY, INC. AND IS PROTECTED BY LAW. PARTICIPANT SHALL NOT PHOTOGRAPH, VIDEO RECORD, SCREEN CAPTURE, OR OTHERWISE COPY DELTA MATERIALS TO MODIFY OR REPRODUCE FOR PERSONAL OR THIRD-PARTY USE. PARTICIPANT FURTHER UNDERSTANDS, AGREES, AND ACKNOWLEDGES TO BE SOLELY LIABLE FOR ANY DAMAGES, IN LAW OR IN EQUITY, RESULTING FROM VIOLATION OF APPLICABLE LAWS AND SHALL BE SUBJECT TO DISCIPLINARY ACTION ACCORDING TO THE MEMBER CODE OF CONDUCT AND ANY OTHER RELATED AGREEMENT.

MISSION ALIGNMENT

WE PROMISE TO ALWAYS S.E.E YOU



- **Sincere Sisterhood – Matthew 22:37-39 (NKJV) 1st Command**

“Love the Lord your God with all your heart and with all your soul and with all your mind. **2nd Command** “Love your neighbor (Soror) as yourself.”



- **Exceeding Excellence – Colossians 3:23 (ESV)** Whatever you do, work heartily, as for the Lord and not for men, knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ.



- **Embracing Empowerment – Zechariah 4:6 (KJV)** Not by might, nor by power, but by my spirit, saith the LORD of hosts.

BIBLE STUDY RULES OF ENGAGEMENT



- **Chat is open to all participants. Please engage with your comments in the chat.**
- **Q&A is open to all participants. Please post all questions to the Q&A.**
 - **If we are not able to respond during the meeting, we will review and respond later.**
- **Grab your bibles and be prepared to reference scripture if needed.**
- **Use Zoom tools for Emojis and annotations.**