

Homework:

Week 5: Release Your Burden of Guilt

Did you view the Tuesday Training this week? Yes or No?

In a sentence, why is it so important to release your burden of guilt when grieving?

What is the difference between guilt and shame? Compare and contrast.

What is something you felt or feel guilty about regarding your loved one's death?

What is *Occam's Razor* and how can we apply it to stories about loss and grief?

What are the *3 Categories of Guilt* that people experience in their grief?

Why is God's forgiveness so important when dealing with guilt?

What resonated the most with you regarding our teaching about guilt and grief?