



**SMBC**

SYDNEY MISSIONARY & BIBLE COLLEGE

# HOT TOPICS

## UNDERSTANDING GRIEF AND LOSS THROUGH JESUS' DEATH AND RESURRECTION

with Colleen Hirst



The death of someone we love is one of the most significant losses we can experience. People often feel shattered, lost and alone. For months, if not years, it can be hard to think, sleep or make decisions. How do we care for ourselves – and for others – in grief?

The most profound death in history speaks gentle and life-changing wisdom to guide us through the valley. Colleen, a clinical psychologist and family therapist, lost her husband three years ago.

To watch this video and access notes, use this link and password:

<https://link.smbc.edu.au/HT2021-5grief>

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