

# Beauty for My Ashes

## STUDY GUIDE

### Chapter Two

*“Guard your heart above all else,  
for it determines the course of your life.”*

*-Proverbs 4:23*

### Video Questions

1. After a loss, especially initially, we can be very \_\_\_\_\_.
2. It's important to surround ourselves with a \_\_\_\_\_ group of people.
3. People who pray \_\_\_\_\_ you and pray \_\_\_\_\_ you.
4. People who \_\_\_\_\_ to you and \_\_\_\_\_ with you.
5. True or False: When we bottle up feelings and emotions inside of us, we tend to react in unhealthy ways. \_\_\_\_\_
6. People who help bring \_\_\_\_\_.
7. Find people who will \_\_\_\_\_ in you.

## Questions for the Week

1. At any point after the loss (or losses) in your life, did you experience feelings of vulnerability due to grief?
2. What boundaries have you or did you set in place to guard your heart during the healing process?
3. Do you feel as if you have a core group of people surrounding you in your healing process?
4. If so, what qualities do they possess? What characteristics do they have that you find to be comforting or helpful?
5. How often do you share with your core group about how you are feeling or where you are at on the healing journey? Are you comfortable and able to share with your group about things other than the loss?
6. If you do not feel as if you have a core group of people surrounding you currently, write down a few names or places that you feel could help you in finding a core group. Remember, your core group could consist of one person, a handful of people, or more.