

THE GRIEVING INDIAN

A Guide and Discussion Manual for the book
The Grieving Indian



“Come to me, all you who are weary and burdened,
and I will give you rest.” Matthew 11:28



A Study Manual from the Native Bible Centre

***“THE GRIEVING INDIAN”
WORKBOOK***

Written by Mike Matthews

Student's Name: _____

THE GRIEVING INDIAN
A Self Study T.R.I.B.E. Course

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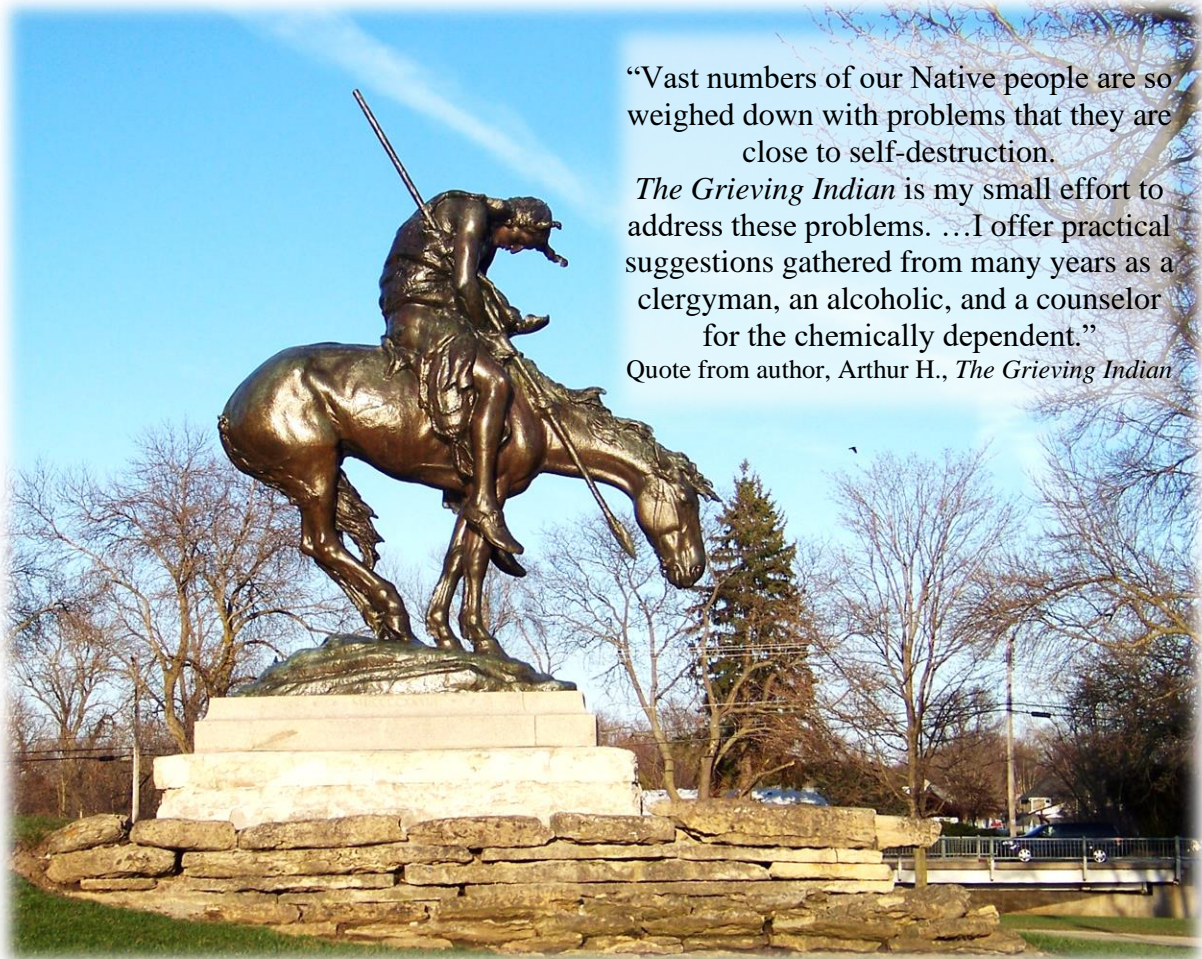
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INTRODUCTION

This workbook has been written as a guide and discussion manual to go along with the book, The Grieving Indian. You can use this workbook as an individual study, in a study with one other person, or as a guide in a group discussion.

The book, The Grieving Indian, has been a great help to many people. The writer, Arthur H., writes as a man with much experience and wisdom. It is our prayer that this workbook will help you learn from the God given wisdom of this book and that it will help you apply these principles to your own life.



“Vast numbers of our Native people are so weighed down with problems that they are close to self-destruction.

The Grieving Indian is my small effort to address these problems. ...I offer practical suggestions gathered from many years as a clergyman, an alcoholic, and a counselor for the chemically dependent.”

Quote from author, Arthur H., *The Grieving Indian*

WHAT IS IN THIS WORKBOOK

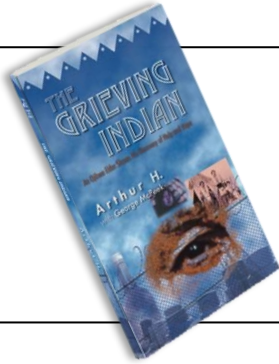
(The lessons in this workbook follow the chapters in *The Grieving Indian*)

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LESSON 1

A PROMISE MADE



Read the preface, foreword and
Chapter One
of *The Grieving Indian*
“A Promise Made”

Reviewing the Chapter

1. In the preface of the book *The Grieving Indian*, according to the author, what two problems do many people have.

2. What is *The Grieving Indian* a story about (according to the author)?

3. In just a few words, how would you describe the author’s childhood and teen years?

4. What great fear did the author experience?

5. What promise did the author make in this chapter?

DISCUSSING THE CHAPTER

1. How would you define *unfinished grieving*?

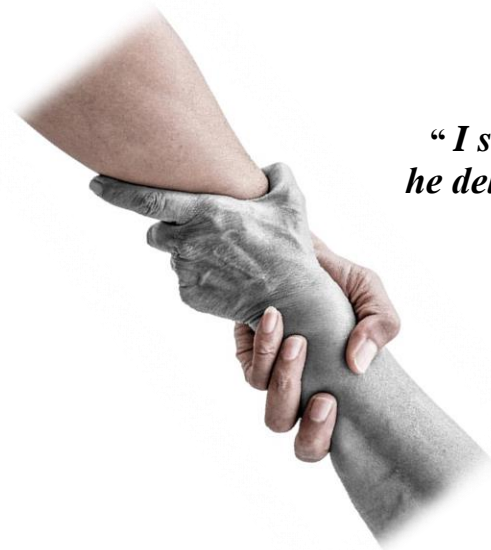
2. Do you see unfinished grieving and/or separation from parents during childhood as a big problem among people you know?



3. What other fears (besides dying) do you feel many people may be facing?

APPLYING THE CHAPTER

Have you ever made a promise to God when you were afraid or going through a particularly hard time? (If yes, what was the promise?)



*“I sought the Lord, and he answered me;
he delivered me from all my fears.”*

(Psalm 34:4)

LESSON TWO

A PROMISE KEPT



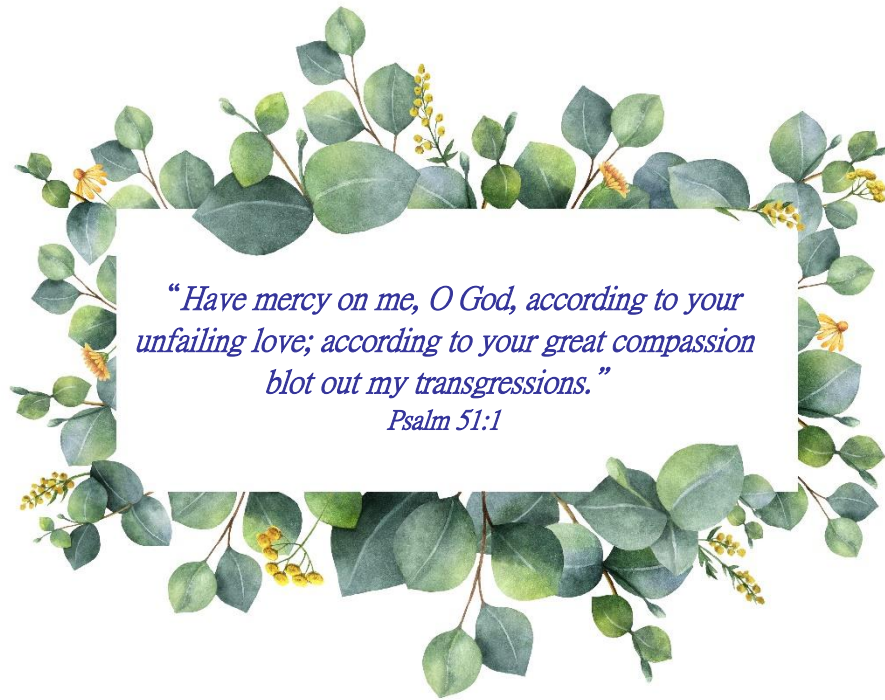
Read Chapter Two of
The Grieving Indian:
“A Promise Kept”

1. What did the author do to keep his promise to the Lord in the first part of this chapter?

APPLYING THE CHAPTER

1. In what ways have you seen people try and reconcile themselves to God?

2. Have you ever had a problem with alcohol? (Or do you have a problem now?)



LESSON THREE

A PROMISE FULFILLED



Read Chapter Three in
The Grieving Indian:
“A Promise Fulfilled”

REVIEWING THE CHAPTER

1. The author began to deal with his addiction problem on the deepest possible level.
What was that level?

2. What was the starting point for the author and his wife in getting back on their feet as Christians?

3. How many years of rebuilding did it take before the author was able to be used in the ministry again?



4. What was one of the biggest hurdles the author had to cross on his trail back to spiritual wholeness? (page 24)

DISCUSSING THE CHAPTER

1. In what ways do you think an alcoholic drags down his family members?

2. How big of a problem do you feel "dishonesty" is among alcoholics?
(Give a reason for your answer.)

3. The author writes about the symptoms and the source of the problem facing many people today. What is he saying are the symptoms and what are the sources?

SYMPTOMS? _____

SOURCES? _____

APPLYING THE CHAPTER

1. What is the biggest problem you are now facing in life?

2. Have you begun to face this problem at the deepest possible level - the spiritual level?
(Explain your answer.)

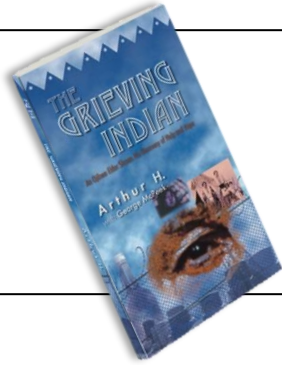


**“Hear my prayer, O Lord;
let my cry for help come to you.”**

Psalm 102:1

LESSON FOUR

THE NATURE OF GRIEF



Read Chapter Four of
The Grieving Indian:
“The Nature of Grief”

REVIEWING THE CHAPTER

1. What is one of the most traumatic and painful causes of grief according to Dr. Arthur Freese?
(page 28,29)

2. What are the five phases of grief every person goes through over an anticipated death?

1. _____

2. _____

3. _____

4. _____

5. _____

3. What is pathological grief?



DISCUSSING THE CHAPTER

1. With which of these five phases of grief do you feel most people have the greatest difficulty? (And why?)

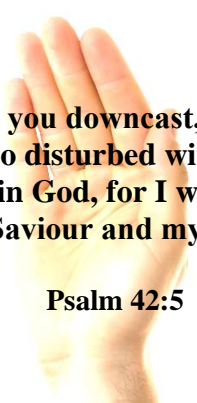
2. What are some of the problems you have seen people develop because they have not dealt with their grief properly?

3. Do you feel that problem of unsettled grief is really as wide spread as this book suggests? (Explain your answer.)

APPLYING THE CHAPTER

1. Have you experienced the sudden death of a loved one?

2. If you have experienced the sudden death of a loved one, what stage of grief do you think you are in at the present time?

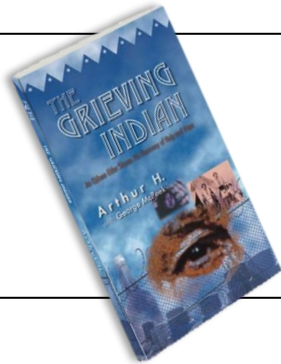


**“Why are you downcast, O my soul?
Why so disturbed within me?
Put your hope in God, for I will yet praise him,
my Saviour and my God.”**

Psalm 42:5

LESSON FIVE

THE PHASES OF GRIEF



Read Chapter Five of
The Grieving Indian:
“The Phases of Grief”

REVIEWING THE CHAPTER

1. What are the ten phases of grieving given by the author in this chapter?

1) _____ 6) _____

2) _____ 7) _____

3) _____ 8) _____

4) _____ 9) _____

5) _____ 10) _____

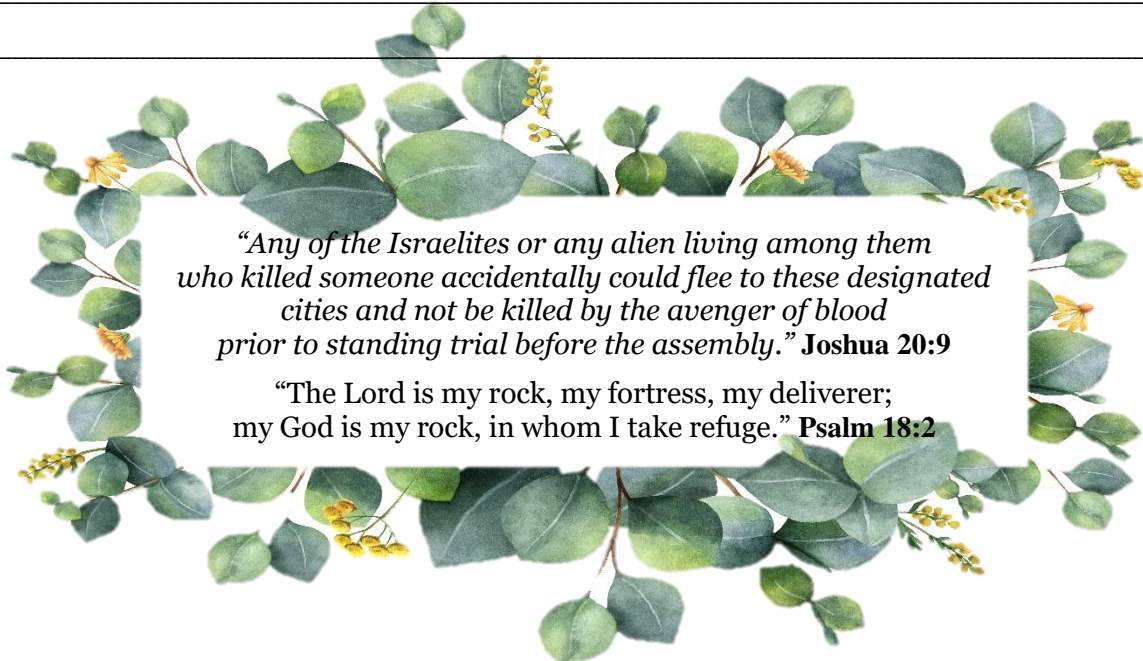
2. Which of the ten phases does the author spend most of the chapter discussing?

3. For what reason does the author say many of his people have chosen no religion or a different religion than Christianity? (page 43)

DISCUSSING THE CHAPTER

1. How would you define *rage*?

2. Read Joshua 20:1-9. For what reason were there to be cities of refuge during this time in Bible history?



3. From your experience, why do you think people direct their anger at God?

APPLYING THE CHAPTER

1. Has anything happened in your life about which you are still angry?
(This may be something that upsets you all over again when you are reminded of it.)

2. If you answered *yes*, explain what happened and how you have dealt with that anger.

3. When you do get very angry, into what category of rage do you think you fall?
(Circle the closest category.)

BLAME OTHERS

TRY TO GET EVEN (REVENGE)

GET ANGRY AT GOD

BLAME YOURSELF

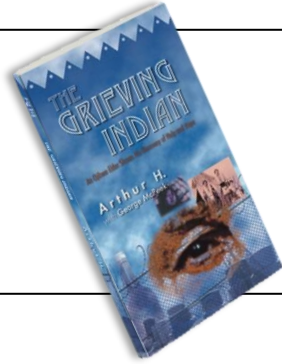
MAKE BAD DECISIONS

*“Refrain from anger and turn from wrath;
do not fret – it leads only to evil”*

Psalm 37:8

LESSON SIX

GRIEF AND THE ALCOHOLIC



Read Chapter Six of
The Grieving Indian:
“Grief and the Alcoholic”

REVIEWING THE CHAPTER

1. According to the author, what is one of the most common effects of unresolved grief? (page 50)

2. What spiritual principle did AA help the author deal with in his life? (page 55)

3. Does the author feel that AA is the full solution to helping an alcoholic solve his problems?

DISCUSSING THE CHAPTER



1. Read Proverbs 23:29-35. Do you think this is a good description of a person who is addicted to alcohol? (Explain your answer.)

2. Do you feel addiction is a sin, or is it a sickness? (Explain your answer.)

3. The author states that the church has not been very helpful to the alcoholic in the past. Do you agree with this statement? (Explain your answer.)

4. Why is a program like AA not the full solution for the alcoholic?

APPLYING THE CHAPTER

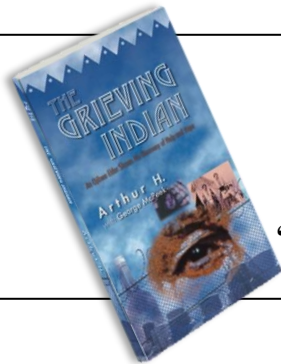
1. Read Romans 7:18,19. In these verses Paul is talking about not having power over sin. Have you ever felt this way concerning alcohol?

2. If you are having a problem with alcohol or if you ever had a problem with alcohol, did you begin to drink as a result of grief? If not, why did you start drinking?



LESSON SEVEN

GRIEF, FORGIVENESS & THE WILL



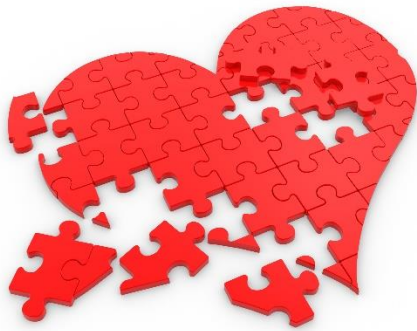
Read Chapter Seven of
The Grieving Indian
“Grief, Forgiveness and the Will”

REVIEWING THE CHAPTER

1. What does the Bible mean when it says in Matthew 18:21,22 that you are to forgive *seventy times seven* times?

2. What does the author say is the key to forgiveness? (page 61)

3. What does the author say has happened to the will of many of his people? (page 62)



4. What is needed in order to really be able to forgive? What is it that people really need in order to begin to put their lives back together again? (page 70,71)

DISCUSSING THE CHAPTER

1. Read Matthew 18:23-35. How can a person living today be like the first debtor (or servant)?

2. Do you think the author used the story of the woman on page 69 to teach that if you really want to get even with someone you should ask God to do that work for you? (Explain your answer.)

3. What do you think a person’s motive and attitude should be toward another person who has wronged him?

4. Do you think that if a person prayed the prayer on page 64 (and really meant it) that he would then be a Christian? (Tell why, or why not.)

APPLYING THE CHAPTER

Are you a Christian? If yes, are you growing and experiencing the power of God in your life? If no, what are some of the things keeping you from making that decision?

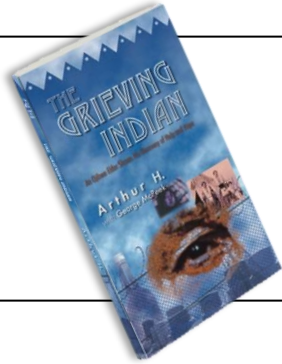


**“Create in me a pure heart, O God,
and renew a steadfast spirit within me.”**

Psalm 51:10

LESSON EIGHT

BREAKING LOOSE FROM GRIEF



Read Chapter Eight of
The Grieving Indian:
“Breaking Loose from Grief”

REVIEWING THE CHAPTER

1. This chapter looks at six ways of bringing grieving to an end. Fill in the blanks to complete these six ways outlined by the author.

A TIME TO _____

A TIME TO _____

A TIME TO _____

A TIME FOR SPIRITUAL _____

A TIME TO ACCEPT _____

A TIME TO SAY _____



2. What good does the author say can come from having a *Valley of Baca* experience? (page 82,83)

3. TRUE or FALSE.

- _____ One of the best ways to help someone with his grief is to listen.
- _____ The Christian church has the answers for people who are grieving.
- _____ Saying good-bye to a loved one is forgetting the person who has died.

DISCUSSING THE CHAPTER

1. Why do you think people keep their emotions bottled up instead of crying?

**“Blessed are those whose strength is in you,
who have set their hearts on pilgrimage.**

**As they pass through the Valley of Baca, they
make it a place of springs;
the autumn rains also cover it with pools.**

**They go from strength to strength, till each
appears before God in Zion.” Psalm 84:5-7**



2. Do you think people are more likely to make a major spiritual commitment during a time of grieving? (Explain your answer.)

3. Read Psalm 84:4-7. What would you consider a *Valley of Baca* experience?

APPLYING THE CHAPTER

1. Is there a "grieving situation" in your past from which you have not broken away entirely? (If yes, explain what the situation is.)



2. Which step in this chapter would be the most help to you in getting loose from a grieving situation? (Explain your answer.)

3. What are some of the spiritual strengths you have gained through your *Valley of Baca* experiences?

**“For you created my inmost being;
You knit me together in my mother’s womb.**

**I praise you because I am
fearfully and wonderfully made;
your works are wonderful, I know that full well.**

**My frame was not hidden from you when I was
made in the secret place.**

**When I was woven together in the
depths of the earth,
your eyes saw my unformed body.**

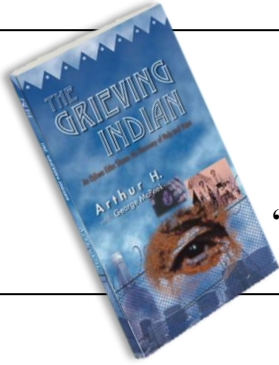
**All the days ordained for me were written
in your book before one of them came to be.”**

Psalm 139:13-16



LESSON NINE

GRIEF & THE SEPARATED CHILD



Read Chapter Nine of
The Grieving Indian:
“Grief and the Separated Child”

REVIEWING THE CHAPTER

1. What does the author say is a common practice among his people? (page 90)

2. Fill in the blanks. With what five larger problems do separated children often have to deal?

1) PROBLEMS WITH _____

2) PROBLEMS WITH _____

3) PROBLEMS WITH ALCOHOL & DRUG _____

4) PROBLEMS WITH _____

5) PROBLEMS WITH _____

3. Under the second larger problem, *PROBLEMS WITH OTHERS*, what were some of the typical problems separated children have in relating to people around them?



DISCUSSING THE CHAPTER

1. Do you think there is ever a time when a child should be removed permanently from his parents? (Explain your answer.)



2. Why do you agree (or disagree) with the author when he makes the following statement concerning the separated child? *“The results are the same; the child feels abandoned and boils with rage. When he can no longer contain it, he strikes out in protest at everything around him.”* (page 90)

3. Were you ever separated from one or both of your parents for a long period of time?
(If yes, how has that affected your life? If no, how do you think it would have
changed your life?)



“Sing to God, sing praise to His name, extol him who rides on the clouds –
his name is the Lord – and rejoice before him.

A father to the fatherless, a defender of widows, is God in his holy dwelling.”

Psalm 68: 4,5

LESSON TEN

HELP FOR SEPARATED CHILDREN



Read Chapter Ten of
The Grieving Indian:
“Help for Separated Children”

1. Circle the approach the author prefers to use when dealing with the problem of separated children.

PSYCHOLOGY

SPIRITUAL

SOCIAL SERVICES

2. Fill in the blanks. What are the steps the author gives in his spiritual approach to dealing with unresolved grief (especially in the area of separation from parents)?

1) UNDERSTANDING THE PROBLEM OF _____

2) SHARE THE UNDERSTANDING YOU HAVE _____

3) DEVELOP _____ RELATIONSHIPS.

4) BUILD A BIBLICAL _____

5) _____ YOUR WAY TO GREATNESS.

6) DEVELOP THE QUALITY OF _____

7) EXPLAIN _____ SPECIAL INTEREST IN SEPARATED PEOPLE.

DISCUSSING THE CHAPTER

1. What do you think are some practical things a person could do to change from having a low self-image to having a Biblical self-image?

2. Do you agree with the author when he says that a person placed in authority (a leader) should be a servant to everyone under him? How do you see this principle worked out in the leadership of your area?

3. Do you think it is possible for a person to develop the quality of goodness in his life without becoming a Christian first? (Explain your answer.)

4. Of what practical help do you think it would be for a person working through grief to be part of a Christian fellowship or church?



APPLYING THE CHAPTER

1. With which Bible character given in this chapter do you especially identify? (Explain why.)

2. Circle the word that best describes your self-image?

LOW

BIBLICAL

HIGH

3. What is one practical thing you could do to help your self-image become more Biblical?

4. Are you currently attending a Christian fellowship (church) on a regular basis?
(Tell why, or why not.)

5. In what area of life could you begin to serve others in a practical way?



**“Can a mother forget the baby at her breast
and have no compassion on the child
she has borne?**

**Though she may forget, I will not forget you!
See, I have engraved you on the palms of my
hands.”**

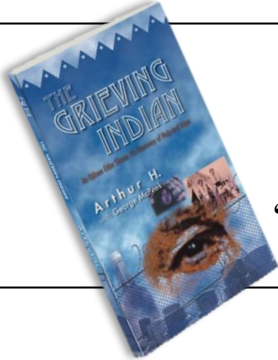
Isaiah 49:15,16

**“Though my father and mother forsake me,
the Lord will receive me.”**

Psalm 27:10

LESSON ELEVEN

THE CHALLENGE OF THE NEGLECTED



Read Chapter Eleven of
The Grieving Indian:
“The Challenge of the Neglected”

REVIEWING THE CHAPTER

1. According to the author, how does *the church* view the Native people? (page 125)

2. According to the author, the most logical place for troubled people to find help is where? (page 127)

3. Who in this chapter is given as an example to follow?

DISCUSSING THE CHAPTER

1. Do you think many Native people are unresponsive and too difficult to reach?
(Explain your answer.)

2. In what practical way do you think this book, *The Grieving Indian*, will help the church do a better job of helping the First Nations' people?

3. Read 1 Corinthians 6:9-11. Tell what kinds of people are mentioned in these verses. Then tell how the verses say these people were changed.

APPLYING THE CHAPTER

1. In what way has this book helped you in your private life?

2. In what way(s) can you use this book (or ideas given in this book) to be of help to people you know are grieving?

**“...Jesus said, ‘It is not the healthy who need a doctor,
but the sick.**

**But go and learn what this means:
‘I desire mercy, not sacrifice.’
For I have come not to call the righteous, but sinners.”**



The Grieving Indian

Final Test

1. What other fears (besides dying) do you feel many people may be facing?

2. The author says he was “reconciled again with God through the Lord Jesus Christ”.

What does the word *reconciled* mean? _____

3. What are the five phases of grief every person goes through over an anticipated death?

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

4. What is *pathological* grief? _____

5. How would you define *rage*? _____

6. Why is a program like AA not the full solution for the alcoholic? _____

7. What good does the author say can come from having a *Valley of Baca* experience? _____

8. TRUE or FALSE: One of the best ways to help someone with his grief is to listen. _____

9. Circle the approach the author prefers to use when dealing with the problem of *separated children*?

PSYCHOLOGY

SPIRITUAL

SOCIAL SERVICES

10. Complete this verse – Psalm 27:10, “Though my father and mother forsake me,
_____”

11. Has studying the course *The Grieving Indian* been helpful to you personally? Please explain.

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