

Waiting for Heaven Group discussion Questions:

1. Why do you think the author named the title of the book “Waiting for Heaven?”
2. Why do you think it was important to the author to tell their personal story of their son’s life on earth?
3. Out of their son’s short time on earth, what was the one thing that stuck out to you the most about his life?
4. After reading Heather’s insight to the grieving process, has your perspective changed for those who are going through the process or living the ‘new normal’ of life? Have you heard the term ‘new normal’ before?
5. Even though “Waiting for Heaven” was written from a Christian perspective, what do you think about how everyone grieves differently and the perspective it could always be worse?
6. Can you relate to the story of “Waiting for Heaven?” Has something in your life caused you grief and now you are experiencing a ‘new normal?’ A life that you can’t go back to and a new life that you didn’t choose.
7. Do you think that there can be blessings that come out of tragedy and loss? Can there be beauty in the pain and the struggle? If so how?
8. Do you think it is possible to be thankful even in the storms of life? If so, how so?
9. The author made the choice to pour her grief into something positive i.e. running, writing, fundraising, etc. What are the benefits of doing something positive in grief? Do you agree with the statement there is no pain without a purpose? How so?
10. What is your favorite part of the book and why?

How this book can help others:

1. Chapter 8 Not so simple- This chapter can help others to know what to say and not to say to a grieving person.
2. Chapter 9 & 12- The Process and Grieving Differently- The process is something a grieving person will discover is part of their 'new normal.' Men and Women grieve in completely different ways. Grieving differently can help show couples that what they are going through is part of the grieving process.
3. Chapter 10 Back to Life- Going back to work after a person has suffered a loss of a child can be one of the most hardest things they do in the grieving process. Writing a letter to work letting them know how to approach the difficult yet delicate situation can really help the grieving person and others at work help make the process of entering back to work much easier.
4. Chapter 16 & 18- Being Thankful and Seeing the Rainbow- These two chapters can be helpful for the grieving person to know that there will be days that their grief will be difficult to handle, but know that there will be days that they will see the rainbow even in their storms. Being thankful even when times are difficult can be what helps bring them out of their darkness.
5. Chapter 20 Bowen- Writing a letter to your loved one after they passed away can be very healing in the process. It can give closure to the person who had things they wanted to say to their loved one before they passed away.