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Moving Through Grief

8/23/2020

**So what are we to do with this pain?
How has God designed us to manage loss?**

1. Heaven is nearer than it seems.

"I tell you the truth, you will weep and mourn over what is going to happen to me, but the world will rejoice. You will grieve, but your grief will suddenly turn to wonderful joy. So you have sorrow now, but I will see you again; then you will rejoice, and no one can rob you of that joy. John 12:20, 22 (NLT)

"He will wipe every tear from their eyes, and there will be no more death or sorrow or crying or pain. All these things are gone forever." Revelation 21:4

2. Stick together.

"Hug 'em, Hold 'em, Hush up."

All praise to the God and Father of our Lord Jesus Christ. He is the source of every mercy and the God who comforts us. He comforts us in all our troubles so that we can comfort others. When others are troubled, we will be able to give them the same comfort God has given us. 2 Corinthians 1:3-4

3. Face the pain head on.

4. Call on the strength of God

My heart and flesh fail, but God is the strength of my heart forever. Psalm 73:26

The LORD is close to the brokenhearted; he rescues those whose spirits are crushed. Psalm 34:18

He heals the brokenhearted and bandages their wounds. Psalm 147:3

For your LifeGroup discussion...

Len's sermon points included "Face the pain head on," and "Call on the Strength of God." These are common elements in the Psalms. *Read Psalm 31 together.*

At the center of the psalm, vv. 9-13, David faces the pain head on, out loud to God.

But, before and after he shares his feelings, he asks a lot of God. In vv. 1-4, and again in 13-18, list the requests David makes of God. How are these specific requests helpful in times of grief?

Next, David expresses his trust! In vv. 5-8, what are the promises and previous actions of God that David relies on? How can Praying out the promises and historical actions of God help build your trust in God?

Then, David specifically shares his feelings and experiences in vv. 9-13. List them. How honest are you in voicing your feelings to God aloud? What barriers do you face in doing so?

Finally, David senses comfort from God. In vv. 19-24, what comfort and direction does he hear from God and how does he plan to respond?

While grief will not be settled in the few moments it takes to pray this Psalm, how can you use its various elements to help you deal with loss? Which verses speak most to you and why?

What losses are you experiencing now? How does David's experience speak to your heart?

As a group, pray for each other, using the words of David's prayer to punctuate your own prayers.

(Special song by Sara was BLESSINGS, by Laura Story)