



## Getting Through Grief

May 4-5, 2019

**I experience the loss.**

**I'll protest.**

**I despair.**

**Hope is the confidence that a loving God is in charge of life and of my life and no matter what happens, good or bad, He's in control and it will be OK.**

*And now, dear brothers and sisters, we want you to know what will happen to the believers who have died so you will not grieve like people who have no hope. 1 Thessalonians 4:13*

**I let go and grab on.**

**To God.**

*Put your heart right, Job. Reach out to God. Then face the world again, firm and courageous. Then all your troubles will fade from your memory, like floods that are past and remembered no more. Your life will be brighter than sunshine at noon, and life's darkest hours will shine like the dawn. You will live secure and full of hope. Job 11:14-18*

**To others**

*Be happy with those who are happy, and weep with those who weep. Romans 12:15*

**I say good bye.**

*A sad face is good for the heart. Ecclesiastes 7:3*

**I experience, wisdom and usefulness**

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

*Weeping may last for the night, but joy comes in the morning. Psalm 30:5*

*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*

**Talk it Over! Questions, discussion and passages for time with your LifeGroup.**

Describe a time of grief in your life. What words describe how you were feeling?

Describe how you got through it.

Look up Isaiah 53:3. What does this mean regarding Jesus and why is this important?

Read John 11:1-53 (yeah, it's long). What principles do you see regarding Jesus' reaction to death vs. others? What other scriptural insights do you get from this.

How has someone helped you through your grief?