



Week #1

"In this world you will have trouble."...

John 16:33 (NIV)

- _____ has a story of loss.
- It's _____ that we grieve our losses.

Then Jesus wept.

John 11:35 (NLT)

*"If my misery could be weighed
and my troubles be put on the scales,
they would outweigh all the sands of the sea."*

Job 6:2-3 (NLT)

*"O Lord, how long will you forget me? Forever?
How long will you look the other way?
How long must I struggle with anguish in my soul,
with sorrow in my heart every day?"*

Psalms 13:1-2 (NLT)

- Everyone around us will eventually _____ what we _____ to grieve.
- Everyone grieves _____.

How to Grieve in a Healthy Way:

1. _____ to the losses in our life.

2. Don't try to make _____ of the loss.

*"God is not a mortal like me,
so I cannot argue with him or take him to trial."*

Job 9:32 (NLT)

*"Tell me, what have I done wrong?
Show me my rebellion and my sin.
Why do you turn away from me?
Why do you treat me as your enemy?"*

Job 13:23-24 (NLT)

3. Don't _____ the grieving process.

4. Never lose _____.

"I tell you the truth, unless a kernel of wheat is planted in the soil and dies, it remains alone. But its death will produce many new kernels—a plentiful harvest of new lives."

John 12:24 (NLT)

...I will rejoice in the Lord! I will be joyful in the God of my salvation! The Sovereign Lord is my strength!

Habakkuk 3:18-19 (NLT)

"Don't call me Naomi," she responded. "Instead, call me Mara, for the Almighty has made life very bitter for me. I went away full, but the Lord has brought me home empty. Why call me Naomi when the Lord has caused me to suffer and the Almighty has sent such tragedy upon me?"

Ruth 1:20-21 (NLT)

Then David got up from the ground, washed himself, put on lotions, and changed his clothes. He went to the Tabernacle and worshipped the Lord...

2 Samuel 12:20 (NLT)

"In this world you will have trouble. But take heart! I have overcome the world."

John 16:33 (NIV)

Discussion Questions

1. Can you identify your story of loss? If so, is it still too tender to talk about or are there parts you could share, say out loud to another or to God?
2. We all try to ignore our feelings at times, especially when they feel too big. Do you see yourself more as a minimizer or medicater?
3. Do you give yourself space to grieve without time constraints? If that is harder for you can you identify where the message of "getting over it" came from?

4. What do you think about the idea of Jesus being willing to hear our raw emotions and thoughts in lamenting? Is that a practice you would like to try this week?

Recommended Resources

- *A Grace Disguised: How the Soul Grows through Loss*, by Jerry Sittser
- *Good Grief*, by Granger E. Westberg
- *Grieving a Suicide*, by Albert Y. Hsu
- *Tear Soup: A Recipe for Healing After Loss*, by Pat Schwiebert and Chuck DeKlyen
- *How to Get Through What You're Going Through*, Pastor Rick and Kay Warren, YouTube

NIV (New International Version)

NLT (New Living Translation)

GOOD Grief #1 - **FILL COPY**

“In this world you will have trouble.”...

John 16:33 (NIV)

- EVERYONE has a story of loss.
- It's ESSENTIAL that we grieve our losses.

Then Jesus wept.

John 11:35 (NLT)

*“If my misery could be weighed
and my troubles be put on the scales,
they would outweigh all the sands of the sea.”*

Job 6:2-3 (NLT)

*“O Lord, how long will you forget me? Forever?
How long will you look the other way?
How long must I struggle with anguish in my soul,
with sorrow in my heart every day?”*

Psalms 13:1-2 (NLT)

- Everyone around us will eventually FEEL what we FAIL to grieve.
- Everyone grieves DIFFERENTLY.

How to Grieve in a Healthy Way:

1. PAY ATTENTION to the losses in our life.
2. Don't try to make SENSE of the loss.

*“God is not a mortal like me,
so I cannot argue with him or take him to trial.”*

Job 9:32 (NLT)

*“Tell me, what have I done wrong?
Show me my rebellion and my sin.
Why do you turn away from me?
Why do you treat me as your enemy?”*

Job 13:23-24 (NLT)

3. Don't RUSH the grieving process.
4. Never lose HOPE.

"I tell you the truth, unless a kernel of wheat is planted in the soil and dies, it remains alone. But its death will produce many new kernels—a plentiful harvest of new lives."

John 12:24 (NLT)

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