

Journey Through Grief

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Pastor Steve

Journey Through Grief: Shock

People can never predict when hard times might come. Like fish in a net or birds in a trap, people are caught by sudden tragedy. Ecclesiastes 9:12

A horrible and shocking thing has happened in this land...

Jeremiah 5:30

I came to the captives from Judah, who lived by the Kebar River at Tel Abib. I sat there seven days where these people lived, feeling shocked. Ezekiel 3:15 (NCV)

I'm in terrible pain like a woman giving birth. I'm shocked and hurt so much that I can't hear or see.

⁴ My head spins; I'm horrified! Early evening, my favorite time, has become a nightmare. Isaiah 21:3-4 (CEV)

My enemies are chasing me, crushing me in the ground. I am in total darkness, like someone long dead. ⁴ I have given up all hope, and I feel numb all over.

Psalms 143:3-4 (CEV)

How Do You Help A Friend Who Is In Shock?

By helping each other with your troubles, you truly obey the law of Christ. Galatians 6:2 (NCV)

I) _____.

A) You don't have to say anything. It's called the ministry of

_____.

B) When three of Job's friends heard of the tragedy he had suffered, they got together and traveled from their homes to comfort and console him... Job 2:11

II) _____.

A) When they saw Job from a distance, they scarcely recognized him. Wailing loudly, they tore their robes and threw dust into the air over their heads to show their grief. Then they sat on the ground with him for seven days and nights. No one said a word to Job, for they saw that his suffering was too great for words. Job 2:12-13

B) The greater the grief the _____ needed.

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

III) _____.

Whenever you are able, do good to people who need help. Proverbs 3:27 (NCV)

What Do You Do When You're In Shock?

I) _____.

A) Then call on me when you are in trouble, and I will rescue you, and you will give me glory." Psalm 50:15

B) Rise during the night and cry out. Pour out your hearts like water to the Lord. Lift up your hands to him in prayer... Lamentations 2:19a

II) _____.

A) Never make a major decision when you're in shock because it will almost always be wrong.

B) A friend loves at all times, and a brother is born for adversity. Proverbs 17:17 (NIV)

C) The natural reaction for most of us when we're in deep pain is to withdraw.

D) In shock you need _____.

E) Levels of fellowship in a small group:

1) _____.

2) _____.

3) _____.

4) _____.

What About Those Getting Ready To Enter A Crisis?

Increase Your Shock Resistance:

I) _____.

- A) The best time for you to build a safety net for the crises that are going to inevitably happen in your life is obviously before they happen.
- B) Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble. Likewise, two people lying close together can keep each other warm. But how can one be warm alone? A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken. It is better to be a poor but wise youth than an old and foolish king who refuses all advice. Ecclesiastes 4:9-13

II) _____.

- A) But blessed are those who trust in the LORD and have made the LORD their hope and confidence. They are like trees planted along a riverbank, with roots that reach deep into the water. Such trees are not bothered by the heat or worried by long months of drought. Their leaves stay green, and they never stop producing fruit. Jeremiah 17:7-8
- B) And now, just as you accepted Christ Jesus as your Lord, you must continue to follow him. Let your roots grow down into him, and let your lives be built on him. Then your faith will grow strong in the truth you were taught, and you will overflow with thankfulness. Colossians 2:6-7

God decided in advance to adopt us into his own family by bringing us to himself through Jesus Christ. This is what he wanted to do, and it gave him great pleasure.

Ephesians 1:5