

Journey Through Grief

August 14th/ 15th, 2021

Pastor Steve

Journey Through Grief: Sorrow

What I've Learned About Grief:

- I) Grief is a _____.
Grief is key to your _____.
- II) Grief is _____.
- A) Grief is God's tool to get you through the _____ of life.
- B) When Jesus saw her weeping and saw the other people wailing with her, a deep anger welled up within him, and he was deeply troubled. "Where have you put him?" he asked them. They told him, "Lord, come and see." Then Jesus wept. The people who were standing nearby said, "See how much he loved him!" John 11:33-36
- C) Unhealthy reactions to loss:
- 1) _____: Unconsciously trying to block out painful thoughts.
- 2) _____: Consciously trying to block out painful thoughts.
- III) God _____ with me.
The LORD is close to the brokenhearted; he rescues those whose spirits are crushed. Psalm 34:18
- IV) Grief is healed in _____.
- A) Then the LORD God said, "It is not good for the man to be alone. I will make a helper who is just right for him." Genesis 2:18
- B) Carry each other's burdens, and in this way you will fulfill the law of Christ. Galatians 6:2 (NIV)
- C) Be happy with those who are happy, and weep with those who weep. Romans 12:15
- D) When somebody is in pain, comparing never _____.
- V) Grief takes _____.
- A) You don't get over grief, you get _____ it.
- B) For everything there is a season, a time for every activity under heaven. A time to be born and a time to die. A time to plant and a time to harvest. A time to kill and a time to heal. A time to tear down and a time to build up. A time to cry and a time to laugh. A time to grieve and a time to dance. Ecclesiastes 3:1-4

To Move Forward Through Grief, I:

- I) List the _____ that I haven't grieved.

- A) I can't get past it until I _____ it.
- B) God blesses those who mourn, for they will be comforted. Matthew 5:4
- C) Why don't we allow ourselves to grieve? _____.
- D) Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. Psalm 23:4 (NIV)
- II) _____ what I've really lost.
- III) Have the courage to _____.
- A) A lament is: an act of worship that includes a passionate _____ of grief or complaint to God.
- B) You complain _____ God- that's an act of worship. You complain _____ God- that's an act of rebellion.
- C) Your fierce anger has overwhelmed me. Your terrors have paralyzed me. They swirl around me like floodwaters all day long. They have engulfed me completely. You have taken away my companions and loved ones. Darkness is my closest friend. Psalm 88:16-18
- IV) Ask Jesus to heal your _____.
- A) The LORD is like a father to his children, tender and compassionate to those who fear him. For he knows how weak we are; he remembers we are only dust. Psalm 103:13-14
- B) The Spirit of the Lord is upon me; he has appointed me to preach Good News to the poor; he has sent me to heal the brokenhearted and to announce that captives shall be released and the blind shall see, that the downtrodden shall be freed from their oppressors, Luke 4:18 (TLB)