

GOD QUESTIONS

August 19th / 20th, 2023
Pastor Steve

How Do I Deal with the Loss of a Loved One?

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

Principles to Remember:

- I) Loss is _____.
- II) Loss is _____.
- III) God _____ about your loss.

¹ The LORD is my shepherd, I shall not be in want. ² He makes me lie down in green pastures, he leads me beside quiet waters, ³ he restores my soul. He guides me in paths of righteousness for his name's sake. ⁴ 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. ⁵ You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. ⁶ Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.

Psalm 23:1-6 (NIV)

To Deal With the Loss of a Loved One, I:

- I) _____ the reality of the loss.

Do not let your hearts be troubled. Trust in God; trust also in me. John 14:1

- II) Give myself _____ to grieve.

A. There is a time for everything, and a season for every activity under heaven... a time to weep and a time to laugh, a time to mourn and a time to dance, Ecclesiastes 3:1-4

B. Ross' stages of grief:

- 1) _____.
- 2) _____.
- 3) _____.
- 4) _____.
- 5) _____.

C. The cords of the grave coiled around me; the snares of death confronted me. In my distress I

called to the LORD; I cried to my God for help. From his temple he heard my voice; my cry came before him, into his ears. Psalm 18:5-6

III) _____ God is with me.

- A. Do not be afraid or discouraged, for the LORD will personally go ahead of you. He will be with you; he will neither fail you nor abandon you. Deuteronomy 31:8
- B. When you go through deep waters, I will be with you. When you go through rivers of difficulty, you will not drown. When you walk through the fire of oppression, you will not be burned up; the flames will not consume you. Isaiah 43:2

IV) Lean on _____ for support.

- A. Share each other's burdens, and in this way obey the law of Christ. Galatians 6:2
- B. 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 1:4

V) _____ my own eternity in heaven.

Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever. Psalm 23:6

Jesus told her, "I am the resurrection and the life. Anyone who believes in me will live, even after dying. John 11:25

NEXT STEPS:

- I will memorize Psalm 23:4.
- I am interested in attending the fall semester of GriefShare.
- I will invite a family member/friend to attend GriefShare.
- Today I will ask myself "Am I ready to face eternity?"