

NEXT STEP QUESTIONS

1. Spend 10 minutes discussing this week's talk. What resonated with you?
2. What are ways people may handle grief? What are some reasons that we may try to avoid grieving?
3. In the midst of pain and loss, "Where are you God?" is a question that sometimes arises. Read Psalm 13. What did David do with this question? Where does Psalm 34:18 say God is?
4. Why are relationships or community important in seasons of pain and loss? What insight do Galatians 6:2, Romans 12:15 and 2 Corinthians 1:3-8 provide on the importance of relationships during difficult times?
5. Is there any unresolved grief in your own life? What do you think your next step should be in going through this grief and allowing Jesus to restore and heal?

Action Step:

Reach out: Reach out to God this week and ask Him to help you to be honest with any pain you have in your heart. Ask Him to search your heart. Pray for others who are going through pain and loss. Then pray about someone you can reach out to either share what is hurting your heart or to be there for someone who is hurting.

Resources

- JoAnna Dickinson: COTR Staff counselor (joanna@churchontheridge.org)
- Websites: www.griefshare.org, www.outreachofhope.org, www.griefnet.org
- Books: "When God and Grief Meet" by Lynn Eib, "A Grief Observed," by C.S. Lewis, "Tear Soup," by Pat Schwiebert, and Chuck DeKlyen (a book for all ages.)



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GOOD QUESTION.

Church on the Ridge

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Charlie Salmon

What do I do when I hurt?

A. Everyone goes through loss, not everyone grieves.

1. Grief is _____.

When Jesus saw that Mary and the people with her were crying, he was terribly upset and asked, "Where have you put his body?" They replied, "Lord, come and you will see." Jesus started crying, and the people said, "See how much he loved Lazarus."

John 11:33-36 CEV

2. When you grieve you _____.

The Lord is CLOSE to the brokenhearted and saves those who are crushed in spirit.

Psalm 34:18 NIV

3. Grieving takes _____.

Carry each other's burdens, and in this way you will fulfill the law of Christ.

Galatians 6:2 NIV

When others are happy, be happy with them. If they are sad, share their sorrow.

Romans 12:15 TLB

4. Grieving takes _____, sometimes a counselor.

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 KJV

B. Getting past _____

1. What are the things you never grieved?

"Blessed are those who mourn, for THEY will be comforted."

Matthew 5:4 NIV

Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me.

Psalms 23:4 NIV

2. Define the _____.

3. Man up and _____.

Examples: Psalms of Lament

Psalms 3-7, 9, 10, 12-14, 17, 22, 25-28, 31, 35,

36, 38, 39, 41-44, 51-61, 64, 70, 71, 74, 77, 79, 80, 82, 83, 85, 86, 88, 90, 94, 102, 109, 137, 139-143, 145

4. Go to Jesus _____.

The Lord is like a father to his children, tender and compassionate to those who fear him. For he understands how weak we are.

Psalms 103:13-14 NLT

Jesus: *"He has sent me to heal the brokenhearted."*

Luke 4:18 TLB
