

Well Whaddya Know?

How to Get Through What You're Going Through
September 12, 2021

Notes

Three Things We Know...

We know that life doesn't make sense, but **we know** we can have peace because God is with us and He loves us.

Everything on earth is broken, but we can still have joy because **we know** God is good, and He's got a greater plan!

Life is a battle, but we can have hope because **we know** there is more to the story.

Six Stages of Processing Loss:

Shock

Sorrow

Struggle

Surrender

Sanctification

Service

Questions for Personal Reflection & Group Discussion

Read 2 Corinthians 1:3-11.

What phrases or words of comfort do you find in these verses? What things does the Apostle Paul say we can know?

Read Hebrews 13:5, Isaiah 49:15 and Isaiah 43:2

What promises about God's presence do you find in these verses?

How do those truths bring you peace and restore your hope?

Why is knowing that God is with you essential in helping you recover from trauma or pain?

How has the presence of God comforted you and changed you in a difficult time?

Read Romans 8:28 and Romans 5:3-5.

What do these verses say you can know about God's plan for you?

In what ways has God brought good from the loss, pain, or brokenness in your past?

How do these truths and your past experiences of God bringing good out of the hard things of life, give you confidence for the future?

Read 2 Corinthians 4:8-9, 14, & 18, 1 Corinthians 15:43, and Revelation 21:4

What do these verses tell you about God's greater story?

How does having a big picture perspective give you hope?

What losses do you need to 'unstuff' and begin to process? Will you commit to taking the journey to move toward healing? Be courageous and share with a friend this week.