

Sorrow – Getting Through Life’s Losses
How to Get Through What You’re Going Through
September 26, 2021

1. Loss is unavoidable, but grief is a choice.
2. Grief is healthy.
3. God grieves with me.
4. Grief is healed in community.
5. Grief takes time.

Steps to Moving Forward

1. List the losses I haven’t grieved over.
2. Identify what I’ve really lost.
3. Have the courage to lament.
4. Ask Jesus to heal my broken heart.

Psalms of Lament

3-7, 9, 10, 12-14, 17, 22, 25-28, 31, 35, 36, 38-44, 51-61,
63, 64, 69-71, 74, 77, 79, 80, 82, 83, 85, 86, 88, 90, 94, 102, 109, 120, 130,
137, 139-143, 145.

Questions for Personal Reflection & Group Discussion

Read Isaiah 53:3, John 11:33-36, and Luke 19:41.

What do these verses teach you about Jesus’ experience with grief? How does Jesus respond to the pain He experiences? What do Jesus’ actions teach you about coping with grief?

How do you typically respond to loss? Is there a significant loss in your past that you haven’t grieved? Why is that?

Read Psalm 34:18 and Matthew 5:4.

It’s easy to feel alone in our pain. What promise do you find in these verses? What comfort or encouragement do they give you?

How might experiencing loss help you grow closer to God?

Do you find it difficult to look to Jesus for comfort? Why or why not? Is there something you need to do differently as you process loss in your life?

Read Psalm 23:4 and 27:1.

What do these verses tell you about fear? What part has fear played in how you have or haven’t processed losses in your life?

The Bible tells us to “fear not” 365 times. Why is it so hard for us to follow that command? Why do we have a hard time believing the promise of Matthew 5:4, which says God will bless those who mourn?

Read Romans 12:15.

What would it look like for you to help someone in their grief if you followed the words of this verse?

What loss(es) do you need to grieve? What step do you need to take? When will you take it?