

**Shock – When Your World Collapses**  
How to Get Through What You're Going Through  
September 19, 2021

**When You Have a Friend in Shock**

1. Show up.
2. Share their pain.
3. Take the initiative.

**When You're in Shock**

1. Cry out to God.
2. Let others help you.

**To Prepare for Shock**

1. Cultivate stronger relationships.
2. Grow deep spiritual roots.

**Questions for Personal Reflection & Group Discussion**

***Read Job 2:11-13 and Proverbs 3:27.***

What do these verses say about how to respond to someone who is experiencing shock?

How do you typically respond to someone who is grieving? How does another's grief make you feel? How do you need to grow in this area?

Why do you think people who are suffering need our tears more than our words? Why is the ministry of presence so powerful?

In our culture, sitting in the dirt and tearing our clothes wouldn't help anyone suffering the pain of loss. So, what could you do for a friend in shock? How do you show up, share their pain or take the initiative?

***Read Psalm 50:15 and Lamentations 2:19.***

What do these verses tell you about what to do when you are going through the shock of loss or grief?

How have you experienced the presence and comfort of God when in crisis? In what meaningful ways have others been there for you in a time of loss?

***Read Ecclesiastes 4:9-12, Jeremiah 17:7-8 and Colossians 2:6-7.***

Who are your people? How are you cultivating and building strong relationships in your life? Is this an area where you need to grow? What steps could you take to do that?

How are you developing and deepening your spiritual roots? What truths about God do you need to remember in times of loss?