Special Bible Study

Overcoming Grief & Loss

January 19, 2022

Study Overview

As a church community we have experienced significant loss since the beginning of the year. Really, these last few years have been difficult with the loss of friends, co-workers, family and loved-ones. I was led to take a pause from our regular bible study series to share some encouragement from the Word of God. Sadly, grief is part of the human experience. Loss is part of life, and grief is a natural response to loss. But we have the hope of Christ, and we know that He is strong enough to carry our burdens (Matthew 11:30). We can give our hurt to Him because He cares for us (1 Peter 5:7). We can find solace in the Holy Spirit, our Comforter (John 14:16). In grief, we cast our burdens on Him, rely on the community of the church, delve into the truth of the Word, and ultimately experience hope (Hebrews 6:19-20). Adapted from Gotquestions.com Article

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One step in overcoming grief is having the right perspective on it

- Recognize that grief is a natural response to pain and loss. There is nothing wrong with grieving- John 11:30-35
- Times of grief can serve a purpose- Ecclesiastes 7:2
- Remember that feelings of grief are temporary- Psalm 30:5
- ***What is the risk if have the wrong perspective of grief?***

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- **Another step in overcoming grief is remembering that God is faithful**
  - He is with us even in the valley of the shadow of death-Psalm 23:4
  - He sees our grief and does not belittle us for it- Psalm 56:8
  - He is our refuge- Psalm 91:1-2
  - He works all things together for the good of those He has called- Romans 8:28
  - ***What is the risk if you don't remember that God is faithful?***

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- **Another step in overcoming grief is to express it to God**
    - Expressing grief to God may start out in despair, but can lead to rejoicing- Psalm 13, Psalm 30:11-12
    - God knows us- Psalm 139:2
    - ***Why is it dangerous to retreat from God in times of grief?***

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- **Another step in overcoming grief is to share it with others**
    - The body of Christ is designed to ease the burdens of its individual members- Galatians 6:2
    - We are to mourn with those that mourn- Romans 12:15
    - ***Why is it dangerous not to express your grief?***

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Close out in a time of prayer-

- **Share in the chat what secondary emotions you feel from grief. We will pray for those emotions**
- **We will pray for those in bereavement or experiencing any kind of loss.**
- **We will pray for Prayer Assembly collective mourning**
- **We will pray for the world's mourning**