

Gathering: Unbusy Yourself

Part 6 – Healing Grief

1 Samuel 1:10-18 ESV

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December 20 & 21, 2025

Question we'll answer today:

How does God want us to handle our sadness, pain and grief?

¹⁰She was deeply distressed and prayed to the LORD and wept bitterly. – 1 Samuel 1:10 ESV

1. We honestly _____ our grief, emotions and pain to God.

Trust *and tears* belong in the same _____ when our heart is breaking.

⁸Trust in him at all times, O people; pour out your heart before him; God is a refuge for us. – Psalm 62:8 ESV

⁷Give all your worries and cares to God, for he cares about you. – 1 Peter 5:7 NLT

Live it out!

Q: What pain from my past am I still holding onto? Where am I fearful of grieving before God?

¹¹And she vowed a vow and said, “O LORD of hosts, if you will indeed look on the affliction of your servant and remember me and not forget your servant, but will give to your servant a son, then I will give him to the LORD all the days of his life, and no razor shall touch his head.” ¹²As she continued praying before the LORD, Eli observed her mouth. ¹³Hannah was speaking in her heart; only her lips moved, and her voice was not heard. Therefore Eli took her to be a drunken

woman. ¹⁴And Eli said to her, “How long will you go on being drunk? Put your wine away from you.” ¹⁵But Hannah answered, “No, my lord, I am a woman troubled in spirit. I have drunk neither wine nor strong drink, but I have been pouring out my soul before the LORD. – 1 Samuel 1:11-15 ESV

2. We prayerfully _____ our deepest pain in His presence.

⁴²“Father, if you are willing, please take this cup of suffering away from me. Yet I want your will to be done, not mine.” – Luke 22:42 NLT

¹⁸The LORD is near to the brokenhearted and saves the crushed in spirit. – Psalm 34:18

Live it out!

Q: What sadness or grief can I surrender to Him today?

¹⁶Do not regard your servant as a worthless woman, for all along I have been speaking out of my great anxiety and vexation.” ¹⁷Then Eli answered, “Go in peace, and the God of Israel grant your petition that you have made to him.” ¹⁸And she said, “Let your servant find favor in your eyes.” Then the woman went her way and ate, and her face was no longer sad. – 1 Samuel 1:16-18 ESV

3. We _____ faithful not fearful during the storm we are in.

⁷for we walk by faith, not by sight. – 2 Corinthians 5:7 ESV

Live it out!

Q: What pain, grief or sadness do you need to release to God? Where in my life is God wanting me to be faithful instead of fearful?