

DEALING WITH LOSS

How to Get Through What You're Going Through: Part 5

August 18, 2019

Pastor Brian

"Sometimes something useless happens on earth. Bad things happen to good people, and good things happen to bad people. I say that this is also useless." (Ecclesiastes 8:14, NCV)

HOW TO RESPOND TO LIFE'S LOSSES

1. **RELEASE** MY GRIEF TO GOD.

"O my people...Pour out your heart to him, for God is our refuge." (Psalm 62:8, NLT)

"The LORD is close to the brokenhearted; he rescues those whose spirits are crushed." (Psalm 34:18, NLT)

2. **RECEIVE** SUPPORT FROM OTHERS.

"By helping each other with your troubles, you truly obey the law of Christ." (Galatians 6:2, NCV)

"Look after each other so that not one of you will fail to find God's best blessings." (Hebrews 12:15a, The Living Bible)

3. **REFUSE** TO BE BITTER.

"[Some] have no happiness at all; they live and die with bitter hearts." (Job 21:25, TEV)

"Watch out that no bitterness takes root among you, for as it springs up it causes deep trouble, hurting many in their spiritual lives." (Hebrews 12:15b, The Living Bible)

The antidote:

- **ACCEPT** what cannot be changed.
"Put your heart right...Reach out to God...face the world again, firm and courageous..." (Job 11:13–16, TEV)
- **FOCUS** on what's left, not what's lost.
"Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus." (1 Thessalonians 5:18, NLT)

4. **REMEMBER** WHAT'S IMPORTANT.

"Then Jesus said to them, "...Life is not measured by how much one owns." (Luke 12:15, NCV)

"We brought nothing into the world, so we can take nothing out." (1 Timothy 6:7, NCV)

5. **RELY FULLY ON CHRIST.**

"...I have learned the secret of being happy at any time in everything that happens...I can do all things through Christ, because he gives me strength." (Philippians 4:12–13, NCV)

How?

- **LEAN** on Christ for stability!
"Those who trust in the Lord are steady as Mount Zion, unmoved by any circumstance." (Psalm 125:1, The Living Bible)
- **LISTEN** to Christ for direction!
"I know what I am planning for you," says the Lord. "I have good plans for you, not plans to hurt you. I will give you hope and a good future." (Jeremiah 29:11, NCV)
- **LOOK** to Christ for salvation!
"We...saw how powerless we were to help ourselves; but that was good, for then we put everything into the hands of God, who alone could save us, for he can even raise the dead." (2 Corinthians 1:9–10, The Living Bible)

ACTION STEPS

GRIEF SHARE – September 10th

HEALING WOMEN'S HEARTS – every 3rd Tuesday

DIVORCE CARE – September 12th

SMALL GROUPS – HOST a group / Get connected September 8th