

3. Recognizing the reality of loss is both healthy and natural. How did Jesus respond to the death of his close friend in John 11:33-35? How should we respond to loss (Romans 12:15)?

4. The five stages of grief are denial, anger, bargaining, depression, and acceptance. Which of these stages have been (or might be) the most challenging for you to work through? Why?

5. Who is always there to comfort us in times of loss (Psalm 23:4, 2 Corinthians 1:3-4, Hebrews 13:5)? How do we access that comfort (Psalm 18:5-6)?

"We'll never suffer a loss without also experiencing a gift. And whatever God may give, His purpose is to meet all of our needs and to bless us with more and more of Himself."
- Alan Perkins

6. Read John 16:5-7. Why were the disciples sorrowful, what were they about to lose? Would they see Jesus again in this life? What was the promised gift?

7. According to John 16:13, Acts 1:8 and Ephesians 1:13-14, what are some of the advantages that believers have, after the departure of Jesus, from the promised gift (the indwelling presence of the Holy Spirit)?

8. According to 2 Corinthians 4:14-18, why can believers overcome every sort of discouragement?

9. Read 1 Corinthians 15:58 and 2 Corinthians 4:13-18. In Christ, we can be confident that our lives will not be pointless. Why?

Moving Forward

The psalmist practiced the presence of God and it supernaturally renewed his spirit in the midst of severe trials and loss. This week, read and reflect upon Psalm 23 each day. Choose the verses that are most meaningful to you and commit them to memory.

Day 1 Verse:

Day 2 Verse:

Day 3 Verse:

Day 4 Verse:

Day 5 Verse:

Day 6 Verse:

Day 7 Verse: