

Message Notes (Feb. 29 /March 3)
Series: God in the Dark
“Allergic to Grief”
Isaiah 53:3

Maybe grief is your companion today.

Grief always involves some kind of _____.

How does a Christ-follower respond to sorrow and grief?

Grief and sadness are _____ for us.

Our aversion to grief comes in many forms.

- **We view grief as an _____.**
- **We view grief as a _____ to be solved.**
- **We try to avoid grief through _____ or _____.**

Grief is real. It has real _____.

The truth is life is short, transitory and _____, and we will all face grief and sorrow.

We often view losses as obstacles to overcome, but what if God sees our losses as requirements that help us mature in Christ?

Isaiah 53:3 “He was despised and rejected by mankind, a man of suffering, and familiar with pain.”

When we are at our _____, God is at His _____.