



## Sermon Discussion Guide

July 24, 2022

### *Good Grief*

#### Gather



... with your family

... with friends or your 3G Group on a Phone Conference or video call  
(eg. Zoom, Hangouts, House Party, FaceBook Watch Party)

#### Grow



Processing today's message...

- **Aha!** – What did you learn? What challenged you?
- **Uh-oh!** – What concerns did it raise?
- **Hmmm!** – What do you need to think about some more?

#### Dig a little deeper...

1. What emotions are you feeling about the changes and transitions that we are experiencing in LSCC?
2. What is your most natural response to grief?
3. Read Lamentations 3:21. The writer says, "I dare to hope." Why is it a risk to have hope?
4. Read Lamentations 3:22-24. What reason do we have for having hope in God?

#### Go – How can you BLESS your neighbor this week?



- Begin with Prayer
- Listen
- Eat
- Serve
- Share Your Story

**Title:** Good Grief

**Text:** Lamentations 3:19-24

## Intro

- Loss of any type leaves a hole in your life
- Stages of grief
- Good Grief is learning how to acknowledge the reality of the hole without falling into it.

What are some guard rails that we can put in that allows us to acknowledge the reality of the hole that their departures will create without falling into it?

1. **Humanity.** *Give yourself permission to be human.*
2. **Honesty.** *Tell the truth about your feelings.*
  - John 11:35
3. **Home.** *Remember that you are part of a family*
  - Grieving has a way of turning us inwards and causing us to forget that people around us are hurting just as we are.
  - 2 Samuel 12:13-24
  - Resist the temptation to process your thoughts and emotions in isolation, thinking only of yourself or your family
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4. **Hours.** *Healing takes time*
  - Lam 3:20
5. **Hope.** *Put the whole process in the proper perspective and remember that life goes on.*
  - Lam 3:21-24
  - Hope is not wishful thinking, but the confident expectation in the truth and fulfillment of God's promises.
  - Jer. 29:11