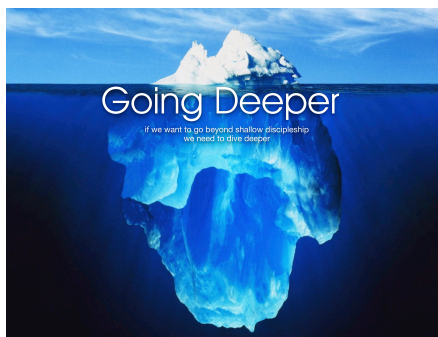


## SEQUOIA NOTES

### Today's Sequoia @10:10 Message...

#### Discover the Treasures Buried in Grief and Loss

With Ryan Dawson - Lead Pastor  
October 31, 2021



*It is therefore not true that we become less through loss—unless we allow the loss to make us less, grinding our soul down until there is nothing left... Loss can make us more... I did not get over the loss of my loved ones; rather, I absorbed the loss into my life, like soil receives decaying matter, until it became part of who I am. Sorrow took up permanent residence in my soul and enlarged it... The soul is elastic, like a balloon. It can grow larger through suffering. Gerald L. Sittser A Grace Disguised: How the Soul Grows Through Loss*

• **We see loss and grief as obstacles to overcome to mature in Christ.**

• **God sees loss and grief as a means to help us mature in Christ.**

Psalm 42:1-11 (NLT) For the choir director: A psalm of the descendants of Korah. As the deer longs for streams of water, so I long for you, O God. <sup>2</sup> I thirst for God, the living God. When can I go and stand before him? <sup>3</sup> Day and night I have only tears for food, while my enemies continually taunt me, saying, “Where is this God of yours?” <sup>4</sup> My heart is breaking as I remember how it used to be: I walked among the crowds of worshipers, leading a great procession to the house of God, singing for joy and giving thanks amid the sound of a great celebration! <sup>5</sup> Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again— my Saviour and <sup>6</sup> my God! Now I am deeply discouraged, but I will remember you—even from distant Mount Hermon, the source of the Jordan, from the land of Mount Mizar. <sup>7</sup> I hear the tumult of the raging seas as your waves and surging tides sweep over me. <sup>8</sup> But each day the Lord pours his unfailing love upon me, and through each night I sing his songs, praying to God who gives me life. <sup>9</sup> “O God my rock,” I cry, “Why have you forgotten me? Why must I wander around in grief, oppressed by my enemies?” <sup>10</sup> Their taunts break my bones. They scoff, “Where is this God of yours?” <sup>11</sup> Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again—my Saviour and my God!

**COMA = Context, Observation, Meaning, and Application.**

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**Big Idea: Allow God to enlarge your soul as you embrace grief and loss.**

#### How do we apply this?

- **Pay attention to pain.**
- **Look to God in the waiting.**
- **Allow the old to birth the new.**

**Our losses are real, but so is the resurrection of Jesus Christ.**

Jesus said: “Unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds.” John 12:24 (NIV)



Sequoia Impact Communities are where we  
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To get plugged in email:

[impactcommunities@sequoiachurch.org](mailto:impactcommunities@sequoiachurch.org)

**Discover the Treasures Buried in Grief and Loss**  
**#4 of 7 - October 31, 2021**

- 1) Last week we looked at the story of Gideon from Judges 7 and discussed God's gift of limits. Where did you see God working in your life in this regard this past week? How did your action step go?
- 2) Read Psalm 42. What is the **Context** for this passage? Where is this taking place in the book as a whole (what comes before or after)? Who is the writer and who are the recipients? What is the genre (poetry, history, prophecy, parables)? Where does it fit in the Bible? What's the theme of this chapter, or passage? What's the historical and cultural context?
- 3) **Observation:** What "jumps out" in this passage? What interesting details do you observe? Is anything repeated? What questions come up about the passage? What surprises you in the passage? Are there connecting words or ideas?
- 4) **Meaning:** What meaning is inferred in this passage and what does this tell us about being honest with God about our grief and loss? What does the psalmist do to focus on God and His promises in the midst of the pain?
- 5) How does God enlarge our soul if we embrace grief and loss? What does this look like for the psalmist and what does it look like for us?
- 6) **Application:** How does this passage call on you to change the way you live? What will you do this week as a result of this teaching? What aspect of this teaching do you need to pass on to others?
- 7) What specific action steps will you take in the following areas?
  - Pay attention to pain.
  - Look to God in the waiting.
  - Allow the old to birth the new.



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