



## **Good Grief!**

### **Week three - "Grateful and Grieving"**

#### ***Lamentations 3:19-24***

**Bottom line: Sincere gratitude shares a close relationship with acknowledged grief.**

1. What are some things you may have had to grieve in your life? What things are you grieving right now?
2. If you're willing to share, what are some of the healthy ways you've dealt with grief, and what are some of the unhealthy ways you've dealt with grief?
3. What do you think Jesus meant in Matthew 5:4 when he said "Blessed are those who mourn,"?
4. Read Lamentations 3:19-24. (Feel free to read more of Lamentations 3 depending on your group's time and desire.)
  - a. Why do you think it's so easy for us to "well remember" our difficulties?
  - b. In vv. 22 and 23, the hope the writer describes is connected to his experience of grief and difficulty. How do our difficulties make us more aware of the compassion and faithfulness of God?
  - c. What does it mean for the Lord to be our portion (v 24)? How could that mantra be meaningful in your life today?
5. How can you acknowledge some of your grief this week in the presence of God, and with others?