

## “Learning How To Go Through Grief & Sorrow”

John 16:33

October 12, 2025

I. Remember you don't really get \_\_\_\_\_ severe loss and grief, but you can learn to get \_\_\_\_\_ it.

- You only \_\_\_\_\_ deeply that which you \_\_\_\_\_ deeply.

1. We go through the grief by \_\_\_\_\_.

2. We go through the grief by \_\_\_\_\_ that \_\_\_\_\_ is with you through it.

*“Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.”*

***Psalm 23:4 (NIV)***

*“When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze. For I am the Lord your God,”*

***Isaiah 43:2-3a (NIV)***

*“Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken.”*

***Psalm 55:22 (NIV)***

*“You have seen me tossing and turning through the night. You have collected all my tears and preserved them in your bottle! You have recorded everyone in your book.”*

***Psalm 56:8 (TLB)***

II. Suffering and sorrow can \_\_\_\_\_ you or it can \_\_\_\_\_ you. You get to \_\_\_\_\_ which it will be!

*“because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.*

***James 1:3-4 (NIV)***

- God \_\_\_\_\_ allows anything into your life to \_\_\_\_\_ you.

*“It was good for me to be afflicted so that I might learn your decrees.”*

***Psalms 119:71 (NIV)***

III. Remember to show \_\_\_\_\_ to others.

*“You then, my son, be strong in the grace that is in Christ Jesus.”*

***2 Timothy 2:1 (NIV)***

*“Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.”*

***Colossians 3:13 (NIV)***

1) If you focus on what someone did not do for you, it will only \_\_\_\_\_ to your grief.

2) You \_\_\_\_\_ everything they may be going through.

3) The person you were expecting to be there for you may be \_\_\_\_\_.

IV. You can still \_\_\_\_\_ when going through \_\_\_\_\_.

*“Rejoice in the Lord always. I will say it again: Rejoice!”*

***Philippians 4:4 (NIV)***

*“The world ignores us, but we are known to God; we live close to death, but here we are, still very much alive. We have been injured but kept from death. Our hearts ache, but at the same time we have the joy of the Lord. We are poor, but we give rich spiritual gifts to others. We own nothing, and yet we enjoy everything.”*

**2 Corinthians 6:9-10 (TLB)**

V. Circumstances and sorrows don't get to \_\_\_\_\_ you, your \_\_\_\_\_ does!

*“Leaving Bethel, he and his household traveled on toward Ephrath (Bethlehem). But Rachel's pains of childbirth began while they were still a long way away. After a very hard delivery, the midwife finally exclaimed, “Wonderful—another boy!” And with Rachel's last breath (for she died) she named him “Ben-oni” (“Son of my sorrow”); but his father called him “Benjamin” (“Son of my right hand”).”*

**Genesis 35:16-18 (TLB)**

*“No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.”*

**Romans 8:37-39 (NIV)**

VI. Stay focused on the promise of \_\_\_\_\_.

*“Therefore, we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So, we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.”*

**2 Corinthians 4:16-18 (NIV)**

*“And I heard a loud voice from the throne saying, “Look! God's dwelling place is now among the people, and he will dwell with them. They will be his people, and God himself will be with them and be their God. ‘He will wipe every tear from their eyes. There will be no more death’ or mourning or crying or pain, for the old order of things has passed away.”*

**Revelation 21:3-4 (NIV)**