



# ROOTED

EMOTIONALLY  
HEALTHY  
FAITH THAT  
LASTS



**REALITY: SOME VICTORIES ONLY  
COME THROUGH SEASONS OF LOSS.**

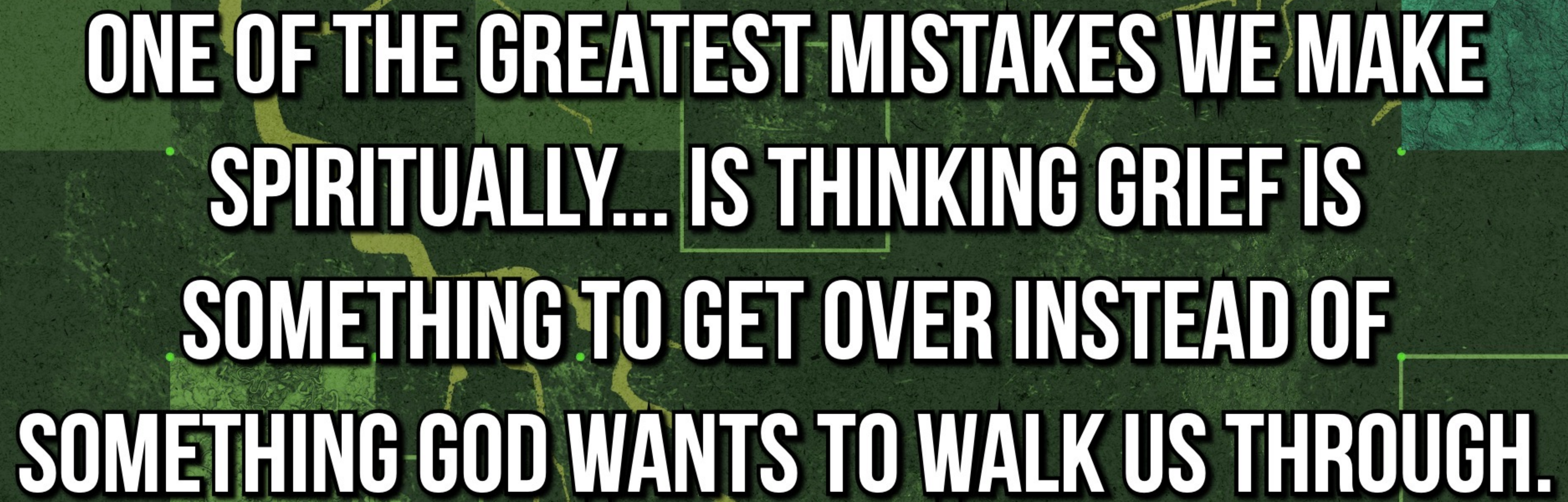


**GOD DOESN'T WASTE GRIEF...**

**HE USES IT TO DEEPEN US.**



**“WINNING THROUGH LOSING”**



**ONE OF THE GREATEST MISTAKES WE MAKE  
SPIRITUALLY... IS THINKING GRIEF IS  
SOMETHING TO GET OVER INSTEAD OF  
SOMETHING GOD WANTS TO WALK US THROUGH.**

# JOHN 12:24 NLT

**UNLESS A KERNEL OF WHEAT IS PLANTED IN THE SOIL AND DIES, IT REMAINS ALONE. BUT ITS DEATH WILL PRODUCE MANY NEW KERNELS—A PLENTIFUL HARVEST OF NEW LIVES.**

**SOME THINGS ONLY GROW**  
**AFTER SOMETHING DIES!**

# PSALM 34:18 NLT

THE LORD IS CLOSE TO THE BROKENHEARTED; HE RESCUES  
THOSE WHOSE SPIRITS ARE CRUSHED.



**TRUTH: GOD DOESN'T STAND AT A  
DISTANCE FROM BROKEN HEARTS...  
HE MOVES CLOSE TO THEM!**



# **KEY TRUTHS ABOUT GRIEF AND LOSS**

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**1: GRIEF IS NOT WEAKNESS**




**GRIEF ISN'T PROOF YOU'RE WEAK...**  
**IT'S PROOF SOMETHING MATTERED.**

# MATTHEW 5:4 NLT

**GOD BLESSES THOSE WHO MOURN, FOR THEY WILL BE COMFORTED.**





**JOHN 11:35 NLT**  
**THEN JESUS WEPT.**



**SOME OF US HAVE SPENT YEARS TRYING  
TO BE STRONG... WHEN GOD WAS  
INVITING US TO BE HONEST!**

# **EMOTIONALLY UNHEALTHY SPIRITUALITY SAYS:**

- **SUPPRESS IT**
- **IGNORE IT**
- **MOVE ON QUICKLY**

# **BIBLICAL SPIRITUALITY GIVES LANGUAGE FOR:**

- **LAMENT**
- **MOURNING**
- **HONESTY**
- **TEARS**



**GOD NEVER ASKS YOU TO  
PRETEND YOU'RE OKAY!**



# **KEY TRUTHS ABOUT GRIEF AND LOSS**

## **2: WHAT WE DON'T GRIEVE, WE CARRY**



**UNPROCESSED GRIEF DOESN'T DISAPPEAR...  
IT SETTLES DEEP IN THE SOUL!**

# PSALM 13:1-6 NLT

**O LORD, HOW LONG WILL YOU FORGET ME? FOREVER? HOW LONG WILL YOU LOOK THE OTHER WAY? <sup>2</sup> HOW LONG MUST I STRUGGLE WITH ANGUISH IN MY SOUL, WITH SORROW IN MY HEART EVERY DAY? HOW LONG WILL MY ENEMY HAVE THE UPPER HAND? HAND? <sup>3</sup> TURN AND ANSWER ME, O LORD MY GOD! RESTORE THE SPARKLE TO MY EYES, OR I WILL DIE.**

# PSALM 13:1-6 NLT

<sup>4</sup> DON'T LET MY ENEMIES GLOAT, SAYING, "WE HAVE DEFEATED HIM!" DON'T LET THEM REJOICE AT MY DOWNFALL. <sup>5</sup> BUT I TRUST IN YOUR UNFAILING LOVE. I WILL REJOICE BECAUSE YOU HAVE RESCUED ME. <sup>6</sup> I WILL SING TO THE LORD BECAUSE HE IS GOOD TO ME.

# **ECCLESIASTES 3:1-8 & 11 NLT**

**FOR EVERYTHING THERE IS A SEASON, A TIME FOR EVERY  
ACTIVITY UNDER HEAVEN. <sup>2</sup> A TIME TO BE BORN AND A TIME TO  
DIE. A TIME TO PLANT AND A TIME TO HARVEST. <sup>3</sup> A TIME TO KILL  
AND A TIME TO HEAL. A TIME TO TEAR DOWN AND A TIME TO  
BUILD UP.**

# ECCLESIASTES 3:1-8 & 11 NLT

<sup>4</sup> A TIME TO CRY AND A TIME TO LAUGH. A TIME TO GRIEVE AND A TIME TO DANCE. <sup>5</sup> A TIME TO SCATTER STONES AND A TIME TO GATHER STONES. A TIME TO EMBRACE AND A TIME TO TURN AWAY. <sup>6</sup> A TIME TO SEARCH AND A TIME TO QUIT SEARCHING. A TIME TO KEEP AND A TIME TO THROW AWAY.

# ECCLESIASTES 3:1-8 & 11 NLT

<sup>7</sup> A TIME TO TEAR AND A TIME TO MEND. A TIME TO BE QUIET AND  
A TIME TO SPEAK. <sup>8</sup> A TIME TO LOVE AND A TIME TO HATE. A TIME  
FOR WAR AND A TIME FOR PEACE.

# **ECCLESIASTES 3:1-8 & 11 NLT**

**<sup>11</sup> YET GOD HAS MADE EVERYTHING BEAUTIFUL FOR ITS OWN TIME. HE HAS PLANTED ETERNITY IN THE HUMAN HEART, BUT EVEN SO, PEOPLE CANNOT SEE THE WHOLE SCOPE OF GOD'S WORK FROM BEGINNING TO END.**



**PAIN BURIED ALIVE  
NEVER STAYS BURIED!**



**“IGNORING GRIEF SHRINKS THE SOUL.”**

**- PETE SCAZZERO**



**EVERY LOSS YOU REFUSE TO PROCESS  
BECOMES WEIGHT YOU CONTINUE TO CARRY!**



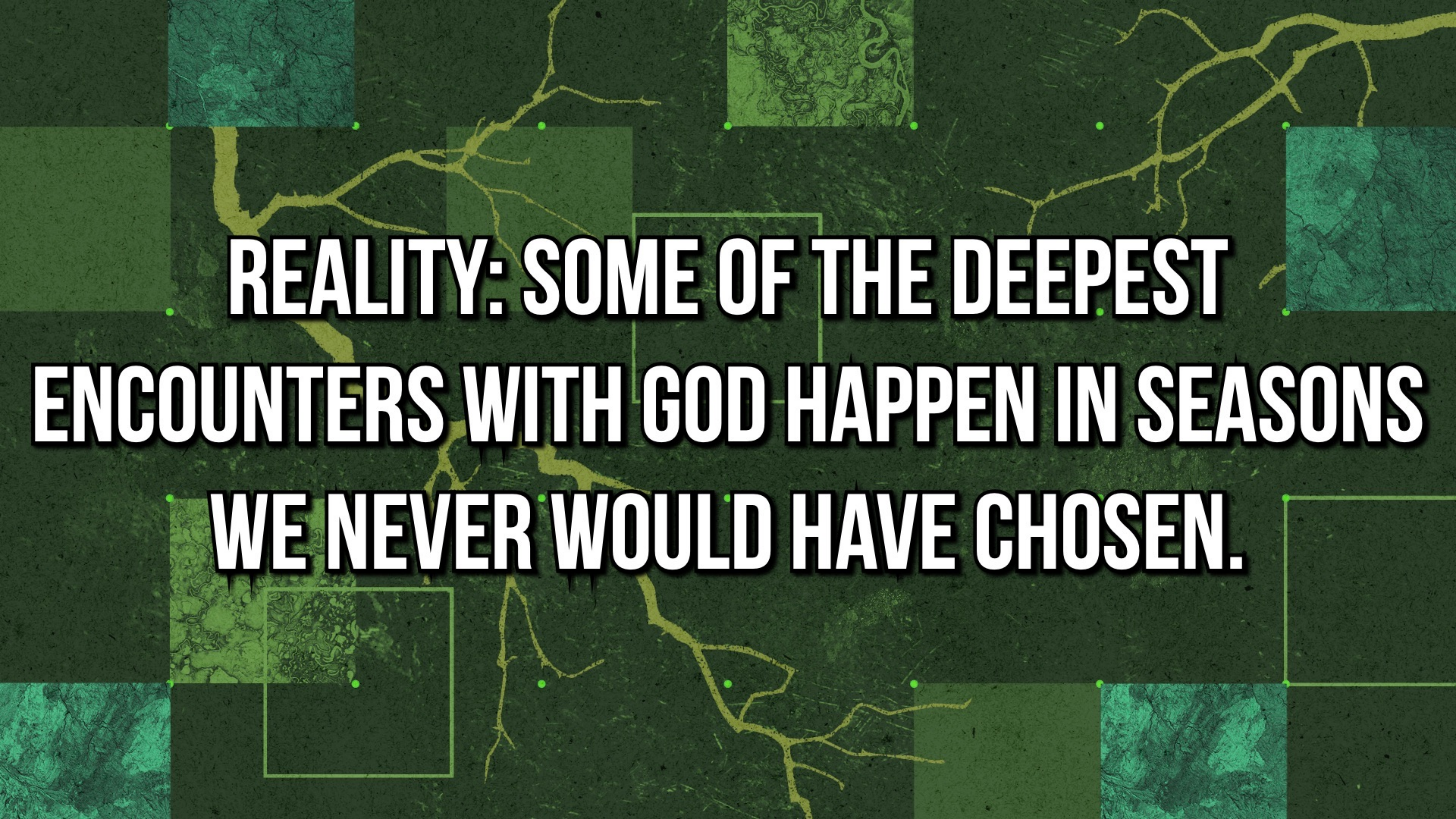
**REALITY: IF YOU DON'T GRIEVE IT WITH GOD...  
YOU'LL CARRY IT EVERYWHERE ELSE.**



# **KEY TRUTHS ABOUT GRIEF AND LOSS**

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## **3: GOD MEETS US IN OUR GRIEF**



**REALITY: SOME OF THE DEEPEST  
ENCOUNTERS WITH GOD HAPPEN IN SEASONS  
WE NEVER WOULD HAVE CHOSEN.**

# PSALM 34:18 NLT

**THE LORD IS CLOSE TO THE BROKENHEARTED; HE RESCUES  
THOSE WHOSE SPIRITS ARE CRUSHED.**



## **2 CORINTHIANS 1:3–4 NLT**

**ALL PRAISE TO GOD, THE FATHER OF OUR LORD JESUS CHRIST. GOD IS OUR MERCIFUL FATHER AND THE SOURCE OF ALL COMFORT. <sup>4</sup> HE COMFORTS US IN ALL OUR TROUBLES SO THAT WE CAN COMFORT OTHERS. WHEN THEY ARE TROUBLED, WE WILL BE ABLE TO GIVE THEM THE SAME COMFORT GOD HAS GIVEN US.**



**GRIEF AND LOSS MAKE US MORE  
AWARE OF GOD'S PRESENCE!**

**“THE GIFT OF LOSS IS THAT IT CAN OPEN  
US TO A DEPTH IN GOD WE COULD NOT  
EXPERIENCE OTHERWISE.”**

**- PETE SCAZZERO**



**TRUTH: GOD DOESN'T WASTE  
GRIEF... HE MEETS US IN IT.**



**GOD NEVER WASTES A HURT!**

# **KEY TRUTHS ABOUT GRIEF AND LOSS**

**1: GRIEF IS NOT WEAKNESS**

**2: WHAT WE DON'T GRIEVE, WE CARRY**

**3: GOD MEETS US IN OUR GRIEF**

**4: LOSING CAN DEEPEN YOUR ROOTS**



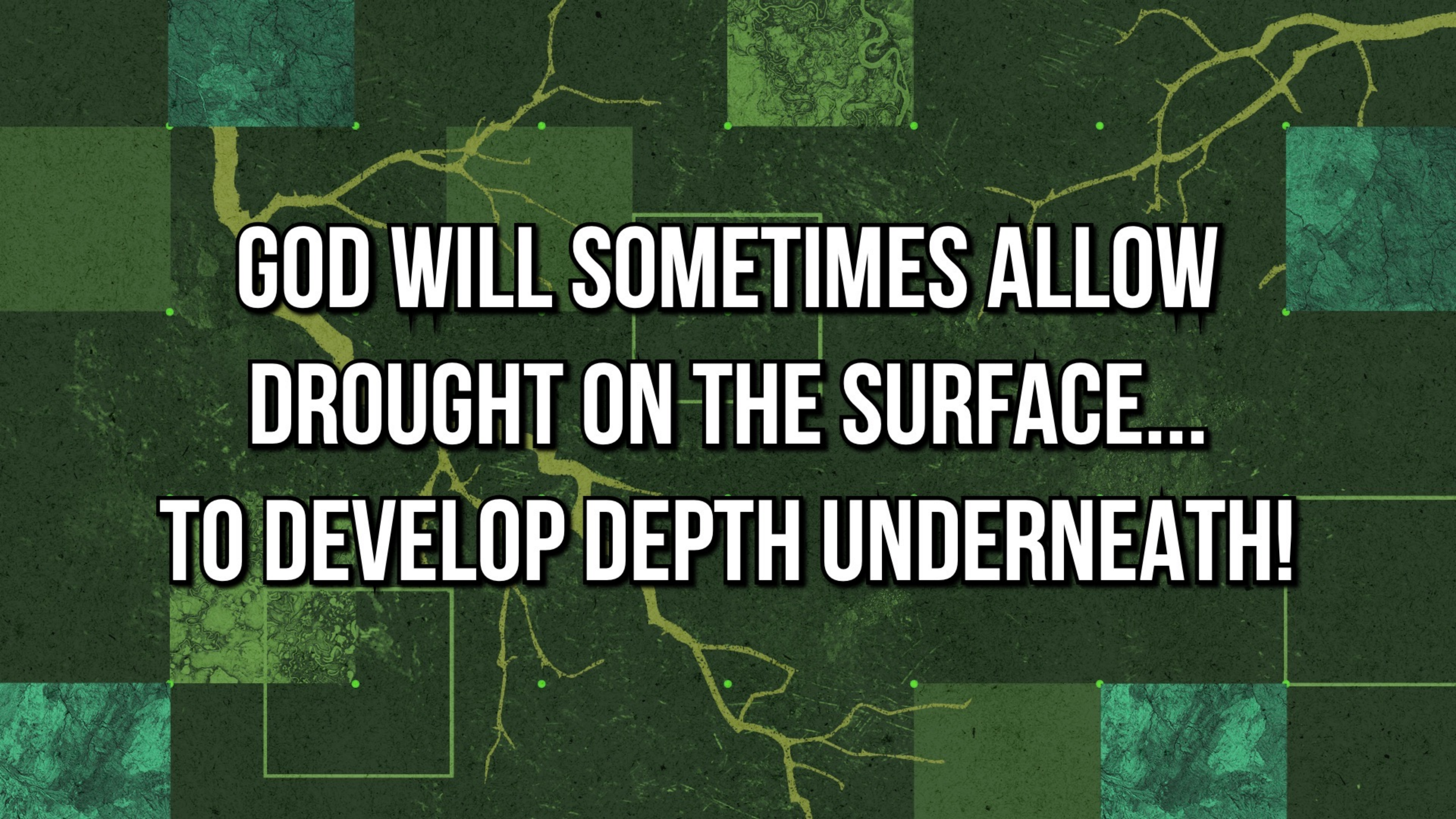
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## ROMANS 5:3—5 NLT

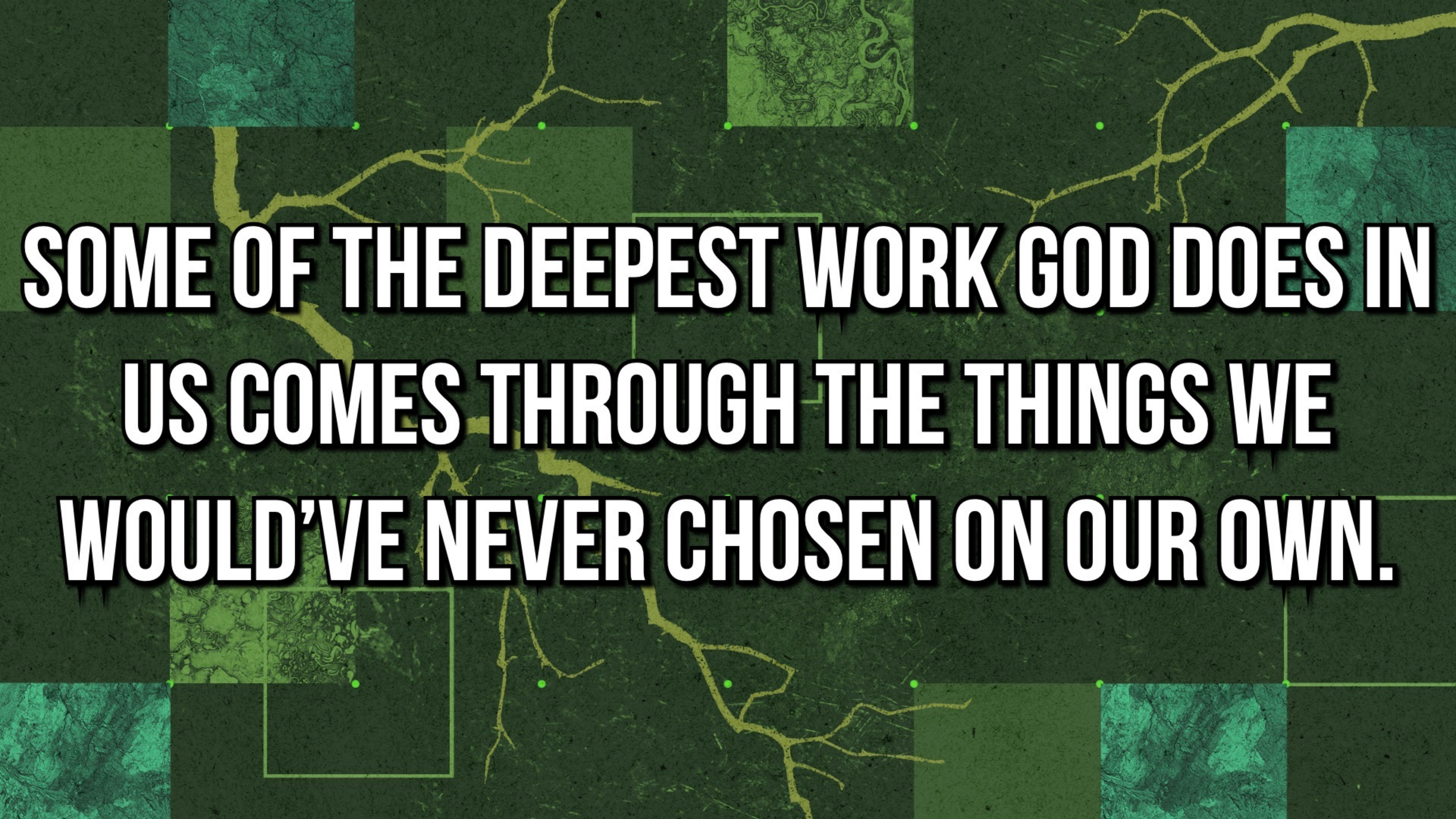
**WE CAN REJOICE, TOO, WHEN WE RUN INTO PROBLEMS AND TRIALS, FOR WE KNOW THAT THEY HELP US DEVELOP ENDURANCE. <sup>4</sup> AND ENDURANCE DEVELOPS STRENGTH OF CHARACTER, AND CHARACTER STRENGTHENS OUR CONFIDENT HOPE OF SALVATION.**

# ROMANS 5:3—5 NLT

<sup>5</sup> AND THIS HOPE WILL NOT LEAD TO DISAPPOINTMENT. FOR WE KNOW HOW DEARLY GOD LOVES US, BECAUSE HE HAS GIVEN US THE HOLY SPIRIT TO FILL OUR HEARTS WITH HIS LOVE.



**GOD WILL SOMETIMES ALLOW  
DROUGHT ON THE SURFACE...  
TO DEVELOP DEPTH UNDERNEATH!**



**SOME OF THE DEEPEST WORK GOD DOES IN  
US COMES THROUGH THE THINGS WE  
WOULD'VE NEVER CHOSEN ON OUR OWN.**



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HEALTHY  
FAITH THAT  
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