



Hillside Church of Marin

Small Group Discussion Guide - 01/28/24

The Places We Get Stuck - pt. 4 - Grief

Scripture: [1 Thessalonians 4:13-14](#), [Romans 5:3-5](#)

Main Point: The can find freedom from a heaviness of grief by grieving well through reaching God's love and support from community, comfort from God's Word and allowing grief to move through your life until joy returns again.

GETTING STARTED

We are continuing to look at the places we get stuck that keep us from having a deeper connection to God. This week we are looking at how we get stuck in our grief of losses of loved one, jobs, big changes and the unexpected.

- Think of the first time you encountered a major loss that brought on grief. What is one word that would describe your feeling from that experience?
- What did you learn about grief, yourself or God from that experience?

DISCUSS THE TEXT

Read 1 Thessalonians 4:13-14.

- What stands out to you the most in this passage? Why?
- What does Paul mean when he says "do not grieve like the rest of mankind"?
- Hope in grief, how is this possible?

Now read Romans 5:3-5.

- In v4 Paul lists a progression of characteristics that suffering helps produce in us, discuss what each word means and how they play out in our everyday lives.
- How do you feel about suffering being a way that God brings us into maturity in our faith? Why?
- In v5 we read that the God's love has been poured into us and that He has given us the Holy Spirit to be with us. Do you often find yourself forgetting the truth that the Spirit of God lives within you? How does this encourage you?

REFLECT AND APPLY

Thinking back on all that we have read, shared and discussed:

- Can you see how if you are prioritizing your faith practices before grief hits, that you have a great start on walking in hope with God through the suffering?
- What does your current faith practices look like now? What can you do today to begin to grow your daily walk so that you are solid when suffering enters into your life?

PRAYER

Share with your group, as you are able, share one area that you are currently feeling loss and grief so that they can be praying peace and healing in this area.

As you wrap up tonight, go around the circle and pray for the person on your right.