

Study Guide Outline "Stress Fractures" Grief & Pain

Job 1

Franklinton Baptist Church

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(rchildress)

I. Understanding Spiritual Stress Fractures

A stress fracture is a deep break caused by repeated pressure. A spiritual stress fracture happens when long-term pain finally breaks something inside us.

Grief often includes disappointment with God.

II. Job's Character (Job 1:1)

Blameless — responsible with others.

Upright — walk matched talk.

Feared God — chose the one fear that casts out all others.

Shunned evil — turned away from sin.

Job is remarkable in faith and integrity.

III. Job's Blessings (Job 1:2–5)

Family: 7 sons, 3 daughters — a sign of blessing.

Fortune: 7,000 sheep; 3,000 camels; 500 yoke of oxen; 500 female donkeys; many servants.

Fame: "Greatest man among all the people of the East" (1:3).

Faithfulness: Offered sacrifices for his children; spiritual leader of his home.

Perspective story: Ten children is a blessing, not a burden.

IV. The Unseen Spiritual Realm (Job 1:6–12)

Satan is real, active, and present in the world.

Modern people may deny him, but he does not deny us.

Scripture shows a heavenly conversation Job never hears.

Suffering is not always punishment — sometimes it is testimony.

V. Job's Day of Disaster (Job 1:13–19)

Four messengers arrive:

Oxen and donkeys stolen; servants killed.

Fire consumes the sheep.

Chaldeans steal the camels.

A wind collapses the house; all ten children die.

Repeated phrase: "While he was still speaking..."

Job experiences unimaginable grief.

VI. Five Principles for the Day of Great Grief (Job 1:20–22)

1. Allow Grief to Have Its Place (v. 20)

Job tears his robe and shaves his head.

Honest grief is biblical, healthy, and necessary.

2. Choose to Worship (v. 20)

Job falls to the ground in worship.

In grief, we run to God or from God — worship is a choice.

3. Remember Life's Temporariness (v. 21)

"Naked I came... naked I will depart."

We leave everything behind; life is temporary, eternity is home.

4. Trust God's Sovereign Care (v. 21)

"The Lord gave and the Lord has taken away."

God gave every blessing; He has the right to take it.

5. Refuse Bitterness (v. 22)

Job does not accuse God of wrongdoing.

Bitterness is a decision — and a dangerous one.

VII. Why We Can Trust God in Grief

Jesus entered our suffering, carried our sorrows, and bore our sins.

God knows. God understands. God cares. God acts.

The safest place in grief is the presence of God.