

## **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:

- 1) Oxen and donkeys stolen; servants killed.

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

Four messengers arrive:

- 1) Oxen and donkeys stolen; servants killed.

- 2) Fire consumes the sheep.
- 3) Chaldeans steal the camels.
- 4) 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 and 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.