

Good Grief

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The unchanging truth of God's Word will help us in our time of need.

The first step to moving forward from hardship and loss... Wait on the Lord.

But this I call to mind, and therefore I have hope: ²²The steadfast love of the LORD never ceases; his mercies never come to an end; ²³they are new every morning; great is your faithfulness. ²⁴"The LORD is my portion," says my soul, "therefore I will hope in him." ²⁵The LORD is good to those who wait for him, to the soul who seeks him. ²⁶It is good that one should wait quietly for the salvation of the LORD. Lam 3:21-26 ESV

- **Don't doubt in the darkness what God has revealed in the light.**

John's disciples came and took his body and buried it. Then they went and told Jesus. ¹³When Jesus heard what had happened, he withdrew by boat privately to a solitary place. Hearing of this, the crowds followed him on foot from the towns. ¹⁴When Jesus landed and saw a large crowd, he had compassion on them and healed their sick. Matthew 14:12-14

What does it look like to seek God and wait on Him?

1. Regularly and intentionally separate yourself from the crowd to meet with God.
2. Mourn your losses and process your disappointments with God.
3. Receive from God the comfort and strengthened faith that He supplies so you can minister to others.

Now when it was evening, the disciples came to him and said, "This is a desolate place, and the day is now over; send the crowds away to go into the villages and buy food for themselves." ¹⁶But Jesus said, "They need not go away; you give them something to eat." Matthew 14:15-16

Trust in him at all times, you people; pour out your hearts to him, for God is our refuge. Psalm 62:8

1. Name it.
2. Express it.
3. Invite Jesus in.

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, ⁴who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. 2 Corinthians 1:3-4

After he had dismissed them, he went up on a mountainside by himself to pray. Later that night, he was there alone... Matthew 14:23

You can support the relief efforts in Maui by giving at:
gracehonolulu.org/give
Select: "Maui Relief Fund"

Let's Connect

- Would you consider yourself a patient person? Why or why not?

Let's Talk About It

When the weather is dark and cloudy, we know the sun is still there – we just can't see it. God's comforting presence is a warm light that pierces through the darkness to draw close to us when everything around us appears hopeless. We seek God and wait on Him by regularly and intentionally separating ourselves from the crowd to meet with God. We mourn our losses and process our disappointment with God. And we receive from God the comfort and strengthened faith that He supplies so we can minister to others.

Psalm 34:18; Lamentations 3:21-26; Matthew 14:3-16, 21-22; 27:36-40; Psalm 62:8; 2 Corinthians 1:3-5

- Which part of the message impacted or challenged you?
- Read Lamentations 3:21-26. How does remembering God's love give you hope when grieving or disappointed? What grief or disappointment are you presently carrying? What is something you're waiting on God for? What does waiting patiently for the Lord and building your hope in Him look like?
- Read Matthew 14:9-16. Discuss Jesus' response to the news about His cousin, John. When you're hurting, what is your usual reaction? Do you seek the presence of God or something else? Why is seeking God and waiting on Him the best response to grief?
- Read Matthew 14:14 again. How does seeking comfort from God move us to mission? How have you experienced God's healing presence enlarge your heart with greater compassion for others?
- Read Psalm 62:8. How aware are you of your current emotional state? Do you feel you can express your emotions in a healthy way? Take some time as a group to discuss what it would look like to name your emotions, express them, and invite Jesus into them.

Take a Step

- Spend some quiet time in God's presence, receiving His comfort and healing.
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Here's My Prayer

Father, I choose to draw near to Your light when everything around me seems dark. I bring my hurting, heavy heart to You and ask You to be my comforter. Renew my faith and increase my compassion for others in the process. In Jesus' name, amen.