

Grace Group Guide

United Purpose: Together we will designate time and place to deepening our desire for God, caring for and urging each other to action!

United Actions: WL Groups...

- Scripture:** Be in the Word together
- Encouragement:** One another each other
- Prayer:** With and for each other and the lost
- Accountability:** Now What? Put it into action!

Icebreaker: The emotions we are going to focus on today are grief and sadness. In your experience, what things (thoughts, activities, Scripture passages, questions, etc.) have been helpful to you when you have dealt with grief or sadness? Second, what things are **not** helpful?

Transition: We all deal with grief and sadness. Hopefully, you were able to think of several things that have helped you when the weight of grief or sadness felt especially heavy. In the rest of this discussion, the goal will be to highlight two three Biblical truths that can give us comfort in the midst of grief and sadness: 1) Jesus understands our grief and sadness, 2) Jesus will defeat grief and sadness, 3) in the midst of grief and sadness, God is still good.

-Discussion-

1. Jesus understands our grief.

READ: Isaiah 53:1-3 (USE ESV!), Mark 14:33-36, John 11:21-37

- ***In each of these passages, why does Jesus (in Isaiah 53, the suffering servant) weep?***
 - **Possible Answers:**
 - Broken relationships: he was “despised and rejected by men” (Isa. 53:3)
 - Anxiety, pain, suffering in the Garden of Gethsemane
 - Compassion for others
- ***How does knowing that Jesus understands our grief help us when we face grief and sadness?***
 - Allow people to answer... **THEN READ: Hebrews 4:14-15**
 - Jesus, our high priest, is constantly interceding on our behalf! And because he is able to empathize with our weaknesses – he experienced them himself - when we approach the throne of grace, we can have confidence that Christ is willing and able to help us in our time of need. Moreover, he knows what we need most, because he understands our grief and sadness.

2. Jesus will defeat grief and sadness.

READ: 1 Thessalonians 4:13-14, Revelation 21:4

- ***These passages remind us that grief and sadness will one day pass away, and this gives us hope. How can this truth help us when we deal with grief and sadness?***

- **Possible answers:**

- We do not grieve like those who have no hope. Biblically speaking, grief and hope can coexist!
- If this is true, then grief in the present functions to help us long for eternity more. In the lives of believers, God uses grief to prepare us for eternity.
- Grief is not permanent, even though it may feel like it. Even our deepest grief and sadness that lingers with us throughout our life will, in the future state, pass away.
- This reminds us that grief and sadness are unnatural – they were not supposed to be present in creation – and once God restores the creation (including all of us!) they will pass away.

3. In the midst of grief and sadness, God is still good.

- ***Before reading any passages, try to answer this question: How can we say that God is good when we endure suffering, pain, grief, and sadness?***

THEN, READ Psalms 13, 23, 42

- ***What do these Psalms indicate about God's posture toward us when we grieve?***

- **Potential answers:**

- He walks with us in our grief
- He will deliver us – his love is unfailing and his salvation is sure
- He hears our prayer for help, and he will answer us

-Reflection Questions-

- Which of these three truths are most comforting to you? Did any passages stand out to you? Why?
- With these truths in mind, how should we interact with those around us when they deal with grief and sadness? How can we help those who are downcast?
 - A key passage to look at: Romans 12:15

-Application-

- What areas of your life are currently causing you grief and sadness? Consider making a list of these things and then share them with the Lord in prayer (like the Psalmist).
- This week, make a habit of rehearsing these truths to yourself daily.

-Pray-

- Consider concluding your prayer with Psalm 23.