



Dealing with Grief

WHAT MOVIE ALWAYS MAKES YOU CRY?

The POINT ➤

God responds to our sorrow with
grace and compassion.

➤ PSALM 116:1-9,15-17

¹ I love the LORD because he has heard
my appeal for mercy.

² Because he has turned his ear to me,
I will call out to him as long as I live.

³ The ropes of death were wrapped around me,
and the torments of Sheol overcame me;
I encountered trouble and sorrow.

⁴ Then I called on the name of the LORD:
“LORD, save me!”

⁵ The LORD is gracious and righteous;
our God is compassionate.

⁶ The LORD guards the inexperienced;
I was helpless, and he saved me.

⁷ Return to your rest, my soul,
for the LORD has been good to you.

⁸ For you, LORD, rescued me from death,
my eyes from tears,
my feet from stumbling.

⁹ I will walk before the LORD
in the land of the living.

.....
¹⁵ The death of his faithful ones
is valuable in the LORD'S sight.

¹⁶ LORD, I am indeed your servant;
I am your servant, the son of your female servant.
You have loosened my bonds.

¹⁷ I will offer you a thanksgiving sacrifice
and call on the name of the LORD.



THE BIBLE MEETS LIFE

FACT:

In the movie, *The Sandlot*, an English Mastiff named Hercules terrorizes the misfit baseball buddies. As it turns out, the villain canine belonged to the ultimate villain—Darth Vader himself, James Earl Jones.¹



LEVELS OF BIBLICAL LEARNING // SALVATION

Because of rebellion against God, all people have been cut off from a relationship with Him, and deserve eternal death and hell, which is the punishment for sin.

I am an animal lover, and I'll admit it—I cry at dog movies. It first began when I saw *Old Yeller* as a kid. Though I rarely get emotional while watching a movie, when an animal suffers, my wife will turn to me and ask, "Are you crying?" I don't even have to answer, because the catch in my voice tells her all she needs to know. I'm on the verge of crying over a fictitious dog in a made-up story.

When we watch a movie, we're drawn into someone else's world, and we feel genuine emotions along with the characters. But our sadness disappears as soon as the movie fades to dark, and we step back into our own life stories. But here in the real world, the sadness and grief we feel doesn't fade nearly as quickly. We all experience loss, and it's natural—even healthy—to grieve. The "secret" is to find hope in Christ by placing our trust in God. What does that look like? In Psalm 116, we can find out.

PSALM 116:1-4

1 What is your typical response to sad news?

2 How should you respond?



*It's important to understand that grief is not a sin. After all, even Jesus grieved. However, when we feel overwhelmed in our grief, it may be a sign that we aren't trusting in God.
#BSFLEmotions*

PSALM 116:5-9

3 Who is helpful to have around when you are sad?

4 How can you rely on God when dealing with grief?

5 How can God help you deal with grief?

PSALM 116:15-17

6 What Scripture passages remind you to trust God?

7 How have you grown in your faith in God through difficult circumstances?

8 What are some benefits of trusting and thanking God during times of grief?



LIVE IT OUT

LEVELS OF BIBLICAL LEARNING // SALVATION

Because of rebellion against God, all people have been cut off from a relationship with Him, and deserve eternal death and hell, which is the punishment for sin.

When Adam sinned, he brought the curse of sin upon creation, and we've inherited from him a sinful nature. Further, we've all actively chosen sin and disobedience. Because of these, we've been cut off relationally from God and from His blessings. Instead, we will face sorrow, suffering, and ultimately death. However, when we turn to God in repentance and faith, through Jesus there is comfort available, even in the middle of suffering. Jesus came to earth in order to be our High Priest. He suffered the consequences of our sins, and He is able to sympathize with us in our sufferings and sorrows. Though we deserve eternal punishment, Jesus has compassion and offers comfort to those who trust in Him.

➤ CHRIST

Many times, we may be tempted to think that, when we live for Him, God will bless us in ways that lead to an easy, comfortable life. However, this isn't the case. Jesus suffered in the worst ways, and we should be prepared and willing to face the same things in order to bring glory to God. Thankfully, Jesus can sympathize with us and will help us endure (Heb. 4:15-16).

9 What do these verses say about Jesus' experiencing real emotions?

➤ Matthew 26:38

➤ Luke 22:44

➤ Mark 3:5

➤ John 11:35

➤ Mark 10:14

➤ John 12:27

➤ Luke 19:41

10 How does it encourage you to know that Jesus experienced the same things we do and sympathizes with our struggles?

GOD

JESUS

HOLY SPIRIT

BIBLE

SALVATION

CREATION

CHURCH

PEOPLE

FAMILY

COMMUNITY
& WORLD

> COMMUNITY

Read 2 Corinthians 1:3-7. God offers us comfort so that we can comfort others in return.

11 How has God comforted you in times of sorrow or suffering? What did you learn through those experiences?



12 Who do you know who is facing sorrow? What will you do this week to offer them comfort and encouragement?

> CULTURE

We live in a world which is under the curse of sin, and there is brokenness all around. We are to love and serve not only those who are a part of our church family, but lost friends, family, and neighbors, as well.

13 Where do you see sorrow and suffering in your community?

14 What will you do this week to offer comfort as a way of reflecting the hope found in Jesus?