

# Lifequakes

STAYING SANE IN STRESSFUL TIMES

## LESSON 7 // RECOVERING FROM LOSS— PART 1

**Big Idea:** Properly navigating the dynamics of life, and the quakes these dynamics generate, is key to a successful and peaceful life. Handling our losses is an important part of this because significant losses can steal our hope if we don't respond to them in a healthy way.

**Ruth 1:20-21 (NLT)** *“Don't call me Naomi,” she responded. “Instead, call me Mara, for the Almighty has made life very bitter for me. 21 I went away full, but the LORD has brought me home empty. Why call me Naomi when the LORD has caused me to suffer and the Almighty has sent such tragedy upon me?”*

**Psalm 62:5-6 (NIV)** *Yes, my soul, find rest in God; my hope comes from him. 6 Truly he is my rock and my salvation; he is my fortress, I will not be shaken.*

**Hebrews 6:19 (NIV)** *We have this hope as an anchor for the soul, firm and secure.*

**Lamentations 3:21-24 (NLT)** *Yet I still dare to hope when I remember this: 22 The faithful love of the LORD never ends! His mercies never cease. 23 Great is his faithfulness; his mercies begin afresh each morning. 24 I say to myself “The LORD is my inheritance; therefore, I will hope in him!”*

**1 Peter 1:3 (NIV)** *Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead.*

### Start Talking:

What is the most difficult loss you have faced? How did you navigate that season of loss?

### Start Thinking:

**Read Ruth 1:20-21.** How does Naomi's situation and response speak to you about the challenge of navigating losses in your life?

**Read Psalm 62:5-6, Colossian 1:27, Hebrews 6:19.** In what ways does your hope in Jesus serve as an “anchor” for your soul?

**Read Lamentations 3:21-24.** Why is it important to confess and declare our hope and trust in the Lord in the midst of loss and grief?

**Read 1 Peter 1:3.** How does your new life in Christ give you a “living hope” and a reason to praise God every day?

### Start Praying and Doing:

Pray for strength to find your hope in Christ in the most difficult times of loss. Also pray for and possibly reach out to anyone you know who might be suffering through a loss. Listen well to their heart and pain and believe God to use you as a quiet source of support and godly care for them.