

Lifequakes

STAYING SANE IN STRESSFUL TIMES

LESSON 8 // RECOVERING FROM LOSS— PART 2

Big Idea: Properly navigating ups and downs is key to a successful and peaceful life. Handling our losses is an important part of this because significant losses can steal our hope, test our relationships and rob our initiative if we don't respond to them in a healthy way. The good news is that losses can also be redeemed if we allow God to work in us through these times.

Ruth 1:14-16 (NLT) *And again they wept together, and Orpah kissed her mother-in-law good-bye. But Ruth clung tightly to Naomi. 15 "Look," Naomi said to her, "your sister-in-law has gone back to her people and to her gods. You should do the same." 16 But Ruth replied, "Don't ask me to leave you and turn back. Wherever you go, I will go; wherever you live, I will live. Your people will be my people, and your God will be my God?"*

Psalm 34:18 (NLT) *The Lord is close to the brokenhearted; he rescues those whose spirits are crushed.*

Ruth 2:5-7 (NLT) *Then Boaz asked his foreman, "Who is that young woman over there? Who does she belong to?" 6 And the foreman replied, "She is the young woman from Moab who came back with Naomi. 7 She asked me this morning if she could gather grain behind the harvesters. She has been hard at work ever since, except for a few minutes rest in the shelter."*

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

Start Talking:

Why is it important to leave room for healthy grieving after a loss? What might happen if you don't?

Start Thinking:

Read Ruth 1:14-16. How can godly family members and friends help you navigate seasons of loss in your life?

Read Psalm 34:18. What difference does it make to know that God is very near when your heart is breaking after a loss?

Read Ruth 2:5-7. How can meaningful activities be a part of how God brings you through times of loss and grief in a healthy way?

Read 2 Corinthians 1:3-4. What are some ways God can use you to be a blessing as He comforts and blesses you through your grief?

Start Praying and Doing:

Pray for God's wisdom to work through seasons of loss in a healthy way, making room for the grief that naturally comes with loss, but also allowing the Lord to comfort you and to help you grow in your relationship with Him and with others.