



RESET

SHIFTING BACK TO MOVE FORWARD

May 27, 2018 | Reset Your Grief | Ron Thompson

"Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who 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 NIV

● **Embrace The** _____ **Of** _____

"Share each other's burdens, and in this way obey the law of Christ." **Galatians 6:2 NLT**

"Rejoice with those who rejoice; mourn with those who mourn."
Romans 12:15 NIV

● **Embrace The** _____ **Of** _____

"I remember my affliction and my wandering, the bitterness and the gall. I well remember them, and my soul is downcast within me. Yet this I call to mind and therefore I have hope: Because of the Lord's great love we are not consumed, for His compassions never fail. They are new every morning; great is Your faithfulness."
Lamentations 3:19-23 NIV

"We know that God causes everything to work together for the good of those who love God and are called according to His purpose for them." **Romans 8:28 NLT**

"I am certain that God, who began the good work within you, will continue His work until it is finally finished on the day when Christ Jesus returns." **Philippians 1:6 NLT**

"Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow."
James 1:2-3 NLT

Next Week | Reset Your Serenity

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Jesus — "Here on Earth you will have many trials and sorrows. But take heart, because I have overcome the world." **John 16:33a NLT**

Jesus — "Very truly I tell you, you will weep and mourn while the world rejoices. You will grieve, but your grief will turn to joy. A woman giving birth to a child has pain because her time has come; but when her baby is born she forgets the anguish because of her joy that a child is born into the world. So with you: Now is your time of grief, but I will see you again and you will rejoice, and no one will take away your joy."
John 16:20-22 NIV

TURNING YOUR SORROW INTO JOY

● **Embrace The** _____ **Of** _____

"For everything there is a season, a time for every activity under Heaven. A time to cry and a time to laugh. A time to grieve and a time to dance." **Ecclesiastes 3:1,4 NLT**

Jesus — "Blessed are those who mourn, for they will be comforted."
Matthew 5:4 NIV

● **Embrace The** _____ **Of** _____

"The Lord is close to the brokenhearted and saves those who are crushed in spirit." **Psalms 34:18 NIV**



This Study Guide is designed to help you apply Sunday's message. Join one of our message-based Community Groups to do this study together. Visit the Groups table after service to find a group!

LESSON AIM: The aim of this lesson is to reset our perspective on grief and loss.

BELONG in God's family:

CHECK IN: (optional) Let's briefly share with each other how we've been doing this week.

OPENING PRAYER

ICEBREAKER: Let's begin by sharing a few of our memories of grief and loss so we can keep them in view as we move through this lesson. How have these experiences shaped you and your relationship with God?

BECOME like JESUS:

1. Turn to Revelation 21:4 and read the promise that in Heaven every tear will be wiped away and we'll be safe and free from pain, sickness, and sorrow. What comfort does this bring you? During periods of grief we may experience a range of feelings and thoughts. What have your thoughts been when you are grieving? What does Psalm 147:3 say about God's heart toward the brokenhearted?
2. Let's look at Ecclesiastes 3:1-4. Grief is inescapable during this lifetime. When you experience it, you may think it will never end. The wounds may never completely heal but the season of mourning will end. Turn to Psalm 30:5 and read the promise we have regarding grief: Have you been able to use grief to deepen your spiritual walk? Do you find yourself wanting to hang on to your sadness or do you long to let it go?
3. Turn to Isaiah 41:10 and soak up this promise. How has God strengthened you through your grieving? How has He helped you? How has He held you up?
4. Turn to Matthew 5:4. God blesses those who grieve and offers them comfort. It's hard to feel blessed during a period of grieving. It is often

only in hindsight that we see a purpose in painful experiences. Have you felt blessed during or after a period of grief? Have you experienced the comfort promised by Jesus during or after a period of grieving?

5. Read Isaiah 53:4-6. Jesus is no stranger to suffering and grief. He realized there was a purpose that could only be accomplished by His willingness to suffer for us. How do these verses impact your understanding of God's love for us? How do they impact your understanding of the grief we experience in our lives?

BLESS others:

Take a look at 2 Corinthians 1:3-4. Sounds like God helps us in all our troubles, so that we are able to help others. How can we use our experiences of grief to help others? How can we pass on the comfort God gives us to others who are grieving? When we help others through a tough time, how does this impact our own recovery from grief?

BUILD God's kingdom:

Paul has some inspiring things to say in Romans 8:31-39. If we live our lives as "conquerors" How will this help build God's kingdom? "What then, shall we say in response to these things? If God is for us, who can be against us?" Since nothing separates us from the love of God, we can reflect this in our daily lives. What impact will our life have on others if we live it with these truths in mind?

BELIEVE God and act in faith:

Isaiah 43:2 describes a breathtaking promise for us when we are grieving. This implies that we will experience grief, but we will pass through it and that God will be with us during the process. How does this promise make you feel about grief and loss? Why were the metaphors of water and fire used in this passage.

PRAYER: What challenge are you facing this week? How can our group pray and support you?



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