

Good Grief: Expressing Grief, Finding Grace

“Good Grief: Expressing Grief, Finding Grace” David Owens

Matthew 11:28-30

8/9/20

- A. Many people who are grieving and _____ wish that others would think twice or _____ their _____ before saying something in an effort to comfort or encourage those going through a terrible loss.
- B. The subject of grieving is one that doesn't receive enough _____ and it is a _____ and _____ that all of us need to develop.
- C. Why are the words _____ and oxymoron?
- D. Life is full of _____ and _____, there is no way to avoid it.
- E. Will we experience grief in a way that is _____ and helpful, or unhealthy and _____?
- F. Mark Vroegop asked _____ Eareckson _____ to write the foreword for his book.
- G. Mark Vroegop began his introduction: “Learning to lament began on my _____. ‘No, Lord, please not _____!’ he pleaded.”
- H. Their baby, only a few _____ from entering this world and their lives, had _____.
- I. In the midst of his pain, he began to find words and phrases in the _____ that captured the _____ of his heart.
- J. During that year-long journey through grief, he discovered a _____-key language for his suffering that we might call “_____.”
- K. Learning to lament will help all of us to learn to navigate the _____ of our _____.
- L. All of our losses cause us _____ and _____.
- M. Mark Vroegop discovered that many Christians were both _____ and _____ with lament.
- N. While trying to find an explanation for loss or a quick solution for grief may be an admirable goal, it can cause us to circumvent the opportunity afforded in lament—which is to give a person permission to _____ with sorrow instead of trying to _____ to the end of it.
- O. Psalm 13 is a good place to start to learn the _____ of _____.
- P. From this Psalm of lament and from other laments in Scripture, we learn how to give _____ to our pain and move toward God-centered _____ and trust.
- Q. “Lament is how you live between the poles of a _____ and trusting in God’s sovereignty.” Mark Vroegop
- R. One thing I know for sure is that we _____.
- S. Borrowing the outline of Mark Vroegop’s book, I hope that we will learn _____ to lament, what we can _____ from lament, and how to _____ with lament.
- T. As we learn these lessons of lament, I hope we will see that these lessons can be applied to the many _____ of suffering and grief we face in our lives.

Answer Key: A. lamenting, hold, tongues. B. attention, skill, practice. C. good, grief. D. pain, loss. E. Healthy, harmful. F. Joni, Tada. G. knees, this. H. days, died. I. Bible, emotions. J. minor, biblical, lament. K. wilderness, grief. L. suffering, grief. M. unfamiliar, uncomfortable. N. wrestle, rush. O. language, lament. P. voice, worship. Q. hard, life. R. need, God. S. how, learn, live. T. varied, types.