

Journey CHURCH

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How to Get Through What You're Going Through Leader Guide Session 1: Shock – When Your World Collapses

When did something unexpected happen that literally brought you to your knees? Share how you felt, who showed up, and how you got through the initial stage of shock.

Key Verse: Galatians 6:2 (NCV)

By helping each other with your troubles, you truly obey the law of Christ.

Ecclesiastes 9:12 (NLT)

People can never predict when hard times might come. Like fish in a net or birds in a trap, people are caught by sudden tragedy.

Jeremiah 5:30A (NLT)

A horrible and shocking thing has happened

Ezekiel 3:15B (CEV)

I sat among them for seven days, shocked at what had happened to me.

Isaiah 21:3-4 (CEV)

I'm in terrible pain ... I'm shocked and hurt so much that I can't hear or see. My head spins ... Early evening, my favorite time, has become a nightmare.

Psalms 143:3b-4 (CEV)

I am in total darkness, like someone long dead. I have given up hope, and I feel numb all over.

Galatians 6:2 (NCV)

By helping each other with your troubles, you truly obey the law of Christ.

How to Help a Friend in Shock

1. Show Up

When Job's three friends, Eliphaz the Temanite, Bildad the Shuhite and Zophar the Naamathite, heard about all the troubles that had come upon him, they set out from their homes and met together by agreement to go and sympathize with him and comfort him.

Job 2:11 (NIV)

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2. Share their Pain

When they saw him from a distance, they could hardly recognize him; they began to weep aloud, and they tore their robes and sprinkled dust on their heads. 13Then they sat on the ground with him for seven days and seven nights. No one said a word to him, because they saw how great his suffering was.

Job 2:12-13 (NIV)

3. Take the Initiative

Whenever you possibly can, do good to those who need it.

Proverbs 3:27 (GNT)

2 Things You Need To Do

- **Cry Out to God**

Call upon Me in the day of trouble; I shall rescue you, and you will honor Me.”

Psalms 50:15 (NASB)

Get up, cry out in the night ... Pour out your heart like water in prayer to the Lord. Lift up your hands in prayer to him.

Lamentations 2:19A (NCV)

- **Let Others Help**

A friend loves at all times, and a brother is born for adversity.

Proverbs 17:17 (ESV)

How Do You Improve Your Resistance to Shock

- **Cultivate Stronger Relationships**

Two can accomplish more than twice as much as one, for the results can be much better. If one falls, the other pulls him up; but if a man falls when he is alone, he's in trouble. Also, on a cold night, two under the same blanket gain warmth from each other, but how can one be warm alone? And one standing alone can be attacked and defeated, but two can stand back-to-back and conquer; three is even better, for a triple-braided cord is not easily broken.

Ecclesiastes 4:9-12 (TLB)

- **Grow Spiritual Roots**

“But blessed are those who trust in the Lord and have made the Lord their hope and confidence. They are like trees planted along a riverbank, with roots that reach deep into the water. Such trees are not bothered by the heat or worried by long months of drought. Their leaves stay green, and they never stop producing fruit.

Jeremiah 17:7-8 (NLT)

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And now just as you trusted Christ to save you, trust him, too, for each day's problems; live in vital union with him. Let your roots grow down into him and draw up nourishment from him. See that you go on growing in the Lord, and become strong and vigorous in the truth

Colossians 2:6-7A (TLB)

Discussion Questions:

1. Pastor Rick teaches that the most important thing we can do when a friend is in shock is to show up. He calls this the *Ministry of Presence*. This is a proactive, intentional act of love. You don't wait for an invitation; you act. Share your experience giving or receiving the *Ministry of Presence* and what you learned from it.
2. Often sharing in a person's deep pain doesn't require you to speak. In fact, the greater the grief the fewer words needed. Romans 12:15b tells us to "weep with those who weep" (ESV). When was the last time you comforted a friend with tears instead of words?
3. Taking the initiative to help a friend or loved one in shock is the best way to show up and offer support in a critical situation. They simply don't have the capacity to think about and ask for what they need. They are in shock and barely hanging on. Talk about some of the practical ways you can care for them.
4. When catastrophe come, Psalm 50:15 teaches us to cry out to God, and in doing so, we honor him. God wasn't us to lean on him and accept help from others. On a scale of 0-10, how easy is this for you to do?

"Call upon Me in the day of trouble; I shall rescue you, and you will honor Me."

Psalm 50:15 (NASB)

Putting it into Practice:

What can you do to start cultivating deeper relationships? You need a safety net of friends who will show up when life delivers the unexpected. This week, think about the people in your small group and how you can start to grow deeper spiritual roots together.

Prayer Direction:

Discuss how your group wants to approach prayer during this study. Encourage everyone to share ideas. Talk about how this study may make some people feel more vulnerable. Remind each other that your group is a safe and confidential place to share your experiences.

Close in prayer, thanking Jesus for being our wounded healer and minds as together you learn how to lean on him to get through the tough times.