



## How to Get Through What You're Going Through Leader Guide Session 2: Sorrow – Getting Through Life's Losses

This past week, what ideas did you think of that will help cultivate deeper relationships? How can you strengthen your safety net of friends who will show up when life delivers the unexpected? Let everyone share and then make a commitment to putting a few of them into practice throughout this series.

### Key Verse: Psalm 34:18 (NIV)

The Lord is close to the brokenhearted and saves those who are crushed in spirit.

### 5 Things I've Learned About Grief

1. **Loss is unavoidable but grief is a choice.**
2. **Grief is healthy.**
  - Grief is God's tool for you getting through the transitions of life.

Jesus saw her weeping, and he saw how the people with her were weeping also; his heart was touched, and he was deeply moved...Jesus wept. 36 "See how much he loved him!" the people said.

**John 11:33, 35-36 (GNT)**

### 2 Unhealthy Reactions to Grief

**Repression:** Unconsciously trying to block out painful thoughts.

**Suppression:** Consciously trying to block out painful thoughts.

If I don't let it out in healthy ways, I'm going to act it out in unhealthy ways.

### 3. God grieves with me.

The Lord is close to the brokenhearted and saves those who are crushed in spirit.

**Psalm 34:18 (NIV)**

### 4. Grief is healed in community.

Carry each other's burdens, and in this way you will fulfill the law of Christ.

**Galatians 6:2 (NIV)**

When others are happy, be happy with them. If they are sad, share their sorrow.

**Romans 12:15 (TLB)**

### 5. Grief takes time.

You don't get over grief;

You get through it.

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## 4 Things To Help You Get Unstuck

### 6. List the losses you never grieved.

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Blessed are those who mourn, for they will be comforted.  
**Matthew 5:4 (NIV)**

Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me;  
**Psalms 23:4A (ESV)**

### 7. Identify what you've really lost.

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### 8. Have the courage to lament

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**Lament:** a passionate expression of grief to God; an act of worship that can include arguing or complaining of God.

### 9. Ask Jesus to heal your broken heart

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The Lord is like a father to his children, tender and compassionate to those who fear him. For he knows how weak we are  
**Psalm 103:13-14A (NLT)**

He has sent me to heal the brokenhearted  
**Luke 4:18B (TLB)**

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## Discussion Questions:

1. Processing grief is absolutely essential and is the healthiest choice when you experience a loss. In fact, Pastor Rick taught that grief is God's tool to get you through the transitions of life. Do you have an unresolved loss that is keeping you stuck?
2. Grief is healed in community. People share each other's sorrows through loss. If you have experienced this kind of deep connection with others, please share your reflections with the group.
3. Unmourned losses are like a deep wound that has never been cleaned out, treated, and healed. Left unresolved, this wound can create chronic illness in your body. Does anyone want to share a testimony about this?
4. Fear is paralyzing, not grief itself. Moving through the grief process will actually help you get on the rest of your life. Start shrinking your fears by bringing them out into the open in the safety of your group.
5. You can only get through your pain once you acknowledge it, accept it, and feel it. One of the first steps to help yourself move forward is to list the losses you have yet grieved. What emotions bubble up when you think of making that list? Ask your group to support you as you plan to take this first step in uncovering your unmourned losses.

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## Putting it into Practice:

Start reading through the book of Psalms. Get a modern translation, and underline every verse that you identify with and every verse that encourages you. Then you'll have it as a go-to resource for yourself and to share with others when they need it.

## Prayer Direction:

Pastor Rick taught us how to lament. This is simply the act of expressing our grief to God, but it's essential to moving forward through grief. As you close in prayer, thank God for providing this intimate worship experience that allows us to release painful memories and draw strength from our compassionate Creator.