

## What Does the Bible Say About... Grief & Loss

August 22, 2021

### The Question Behind the Question:

- Grief is universal—we cannot \_\_\_\_\_ it, stop it, control it, or \_\_\_\_\_ it.
- Grief is \_\_\_\_\_—we don't like to witness or \_\_\_\_\_ it.
- How do we find \_\_\_\_\_ from our grief—and how can we \_\_\_\_\_ others?

### What Jesus Said to the Disciples (John 11:1-16)

- The disciples were \_\_\_\_\_ by grief. They knew Lazarus well enough to be \_\_\_\_\_ by his death.
- They needed to make \_\_\_\_\_ of the situation: how could Jesus \_\_\_\_\_ a close friend to die?
- Jesus gave them the big picture: death is not \_\_\_\_\_, and God is still \_\_\_\_\_.

### What Jesus Said to Martha (John 11:17-27)

- Martha was \_\_\_\_\_ by grief. Lazarus' death had created a \_\_\_\_\_ in her life.

- Martha needed a \_\_\_\_\_ to her crisis: how can she be made \_\_\_\_\_ again?
- Jesus gave her the \_\_\_\_\_: in Jesus there is hope for all grief to be undone.

### What Jesus Said to Mary (John 11:28-36)

- Mary was \_\_\_\_\_ by grief. It dominated her entire \_\_\_\_\_, every thought, feeling and actions.
- Mary needed to \_\_\_\_\_ her pain—to find a way to \_\_\_\_\_ through it.
- Jesus gave her his \_\_\_\_\_—he shared her grief with his \_\_\_\_\_, empathy and vulnerability.

### Conclusions:

- Grief is the \_\_\_\_\_, appropriate and \_\_\_\_\_ response to loss.
- Finding comfort requires attentiveness—matching the right answer with the right moment.
- Jesus promises that all who mourn will be \_\_\_\_\_. (Matthew 5:4)

## Discussion Questions

### 1. Getting Started:

- What did you find most interesting about the sermon this week? The most helpful, eye-opening, or troubling?
- How comfortable are you in talking about grief? What makes you uncomfortable about discussing grief?
- Who could you empathize with the most between the Disciples, Martha and Mary?

### 2. Into the Bible (Read Romans 8:18-39)

- In this passage Paul encourages the Romans in the same ways Jesus did. What does Paul say about how God comforts his people with his presence?
- What does Paul say about the “Big Picture”—the assurance that God is still in control?

- What does Paul say about the Gospel—the good news that the love of God will triumph over death?
- Which of these passages most encourages you?

### 3. Going Deeper

- In Romans 12:15 Paul tells us to “mourn with those who mourn.” What might it look like to look for opportunities to mourn with others?
- How can we tell what people need in their grief—whether they need the big picture, the gospel, or tears?
- How can we overcome our own discomfort with grief and comfort others when they mourn?