

Growing in the SEASONS *of* LIFE

THE SEASON
OF LOSS
PARTS 1-2

ECCL. 8:14

“Sometimes something useless happens on earth. Bad things happen to good people, and good things happen to bad people.”

(NCV)

HOW TO RESPOND TO LIFE’S LOSSES

1. _____ MY GRIEF

“Blessed are those who mourn, for they will be comforted.”

MATT. 5:4

“Pour out your heart to God, for he is our refuge.”

PS. 62:8

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

PS. 34:18

2. _____ FROM OTHERS

“Carry each other’s burdens...”

GAL 6:2

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

(NCV)

“Look after each other so that not one of you will fail to find God’s best blessings.”

HEB. 12:15 (LB)

3. _____ TO BE BITTER

“Some people have no happiness at all; they live and die with a bitter heart.”

JOB 21:25 (GN)

“Watch out that no bitterness takes root among you.. it causes deep trouble hurting many in their spiritual lives.”

HEB. 12:15 (LB)

THE ANTIDOTE:

* _____ what cannot be changed.

“...Reach out to God...then face the world again, firm and courageous...”

JOB 11:13,16

* Focus on what's _____, not what's lost.

“No matter what happens, always be thankful, for this is God's will for you.”

1 TH. 5:18 (LB)

4. _____ WHAT'S IMPORTANT

“Jesus said... Life is not measured by how much one owns.”

LK. 12:15 (NCV)

“We brought nothing into the world, and we can take nothing out of it.”

1 TIM. 6:7 (NCV)

5. _____ ON CHRIST.

“I have learned the secret of being happy at any time in everything that happens, I can do all things through Christ, because he gives me strength.”

PHIL. 4:13 (NCV)

How?

* _____ on Christ for stability!

*“Those who trust in the Lord are steady as Mount Zion,
unmoved by any circumstance.”*

PS. 125:1 (LB)

“You, Lord, give true peace to those who depend on you.”

IS. 26:3 (NCV)

“Such a person will not be overthrown by evil circumstances. God’s constant care of him will make a deep impression on all who see it. He does not fear bad news, nor live in dread of what may happen. For he is settled in his mind that God will take care of him.”

PS. 112:6-7 (LB)

* _____ to Christ for direction!

*“‘I know what I am planning for you,’ says the Lord.
‘I have good plans for you, not plans to hurt you.
I will give you hope and a good future.’”*

JER. 29:11 (NCV)

* _____ to Christ for salvation!

*“God is our protection and our strength, for He always helps in times of trouble.
So we will not be afraid even if the earth shakes, or the mountains fall into the sea.”*

PS. 46:2 (NCV)

“We were really crushed and overwhelmed, and feared we would never live through it... we saw how powerless we were to help ourselves; but that was good, for then we put everything into the hands of God who alone could save us... And he did help us and saved us... and we expect him to do it again and again.”

2 COR. 1:10 (LB)