

# HOW TO GET THROUGH WHAT YOU'RE GOING THROUGH

## Session 3: Getting Through Life's Losses

PARTS 1-2

### WHAT I'VE LEARNED ABOUT GRIEF

1. **LOSS IS UNAVOIDABLE BUT** \_\_\_\_\_

There is no LIFE without change

There is no CHANGE without loss

There is no LOSS without pain, but grief is a CHOICE

2. \_\_\_\_\_

*“When Jesus saw Lazarus’ sister sobbing, and saw how all those with her were crying also, his heart was touched, and he was deeply moved... Then Jesus started crying. ‘See how much he loved Lazarus!’ they said.”*

JOHN 11:33-36

### UNHEALTHY REACTIONS

**REPRESSION:** Unconsciously trying to block out painful thoughts

**SUPPRESSION:** Consciously trying to block painful thoughts

3. \_\_\_\_\_

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

PSALM 34:18

4. \_\_\_\_\_

*“Carry each other’s burdens, and in this way you will fulfill the law of Christ.”*

GALATIANS 6:2

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

ROMANS 12:15

5.

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*“There is a time for everything, and a season for every activity under heaven...  
a time to weep and a time to laugh, a time to mourn and a time to dance.”*

ECCL. 3:1, 4

## STEPS TO MOVING FORWARD

1.

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

MATT. 5:4

Why don't we let ourselves grieve? \_\_\_\_\_

*“Even though I walk through the valley of the shadow of death, I will fear no evil,  
for you are with me.”*

PSALM 23:4

2.

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3.

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**A LAMENT:** a passionate expression of grief to God

An act of worship that can include complaining to God

### **Psalms of Lament**

Psalms 3-7, 9, 10, 12-14, 17, 22, 25-28, 31, 35, 36, 38, 39, 41-44, 51-61, 64, 70, 71, 74, 77, 79, 80, 82, 83, 85, 86, 88, 90, 94, 102, 109, 137, 139-143, 145

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*“The Lord is like a father to his children, tender and compassionate to those who honor him.  
For he understands how weak we are.”*

**PSALM 103:13-14**

Jesus: *“God has sent me to heal the brokenhearted...”*

**LUKE 4:18 (LB)**