

The Battle for Our Emotions “Grief”

PERSONAL APPLICATION

Review the main lesson outline briefly

1. What type of sorrow have you faced in your life? how did you deal with it. What could you do different, if anything?
2. How can grief, if not handled properly, paralyze our life and keep us from accomplishing God’s plan for us?

PRIVATE MEDITATION

Read the Scripture and identify 1 thought to take with you for that day
Write down your daily thought under each day

Monday – 2 Corinthians 1:3-4

Thought:

Tuesday – Matthew 26:38-39

Thought:

Wednesday – 1 Thessalonians 4:13-18

Thought:

Thursday – Psalm 119:28

Thought:

Friday – 2 Samuel 12:15-25

Thought:

Saturday – 2 Timothy 3:16

Sunday – “*What is Theology?*”

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The Battle for Our Emotions

How to keep from becoming an emotional wreck!



“Grief”

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Grief

2 Corinthians 1:3-4

- I. Definition – What is Grief?
 - A. Sorrow
 - B. When something or someone of value has been lost causing emptiness and the need to readjust!

- II. Grief and the Believer
 - A. It is common - “Grief is a certainty” - Billy Graham
 - B. Jesus grieved
 - a. Matthew 26:38
 - b. Isaiah 53:3-4
 - c. John 11:35
 - C. Believers have hope - 1 Thessalonians 4:13

- III. The Process – 2 Samuel 12:15-25
 - a. The Actual loss - 12:15-19
 - i. Sorrow
 - ii. Pain
 - iii. Focus on God
 - iv. Attempt to comfort
 - b. The Acceptance - 12:19-23
 - i. Adjusted personally
 - ii. Acknowledged the Lord
 - iii. Addressed his needs and others
 - c. The Adjustment - 12:24-25
 - i. Comfort - God - Psalm 31:24
 1. God’s Word - Psalm 119:28
 2. People - 2 Corinthians 7:5-7
 3. Hope - 1 Thessalonians 4:15-18;

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4. God’s purpose for our life -
Matthew 26:38-39, 2
Corinthians 4:16-18
- ii. Continue life - 1 Corinthians 15:51-58

NOTES