



Good Grief

November Bible Study Series





**Valuable Life Lessons
the Pain of Grief Can
Teach Us**

Lesson Three

November Bible Study Series



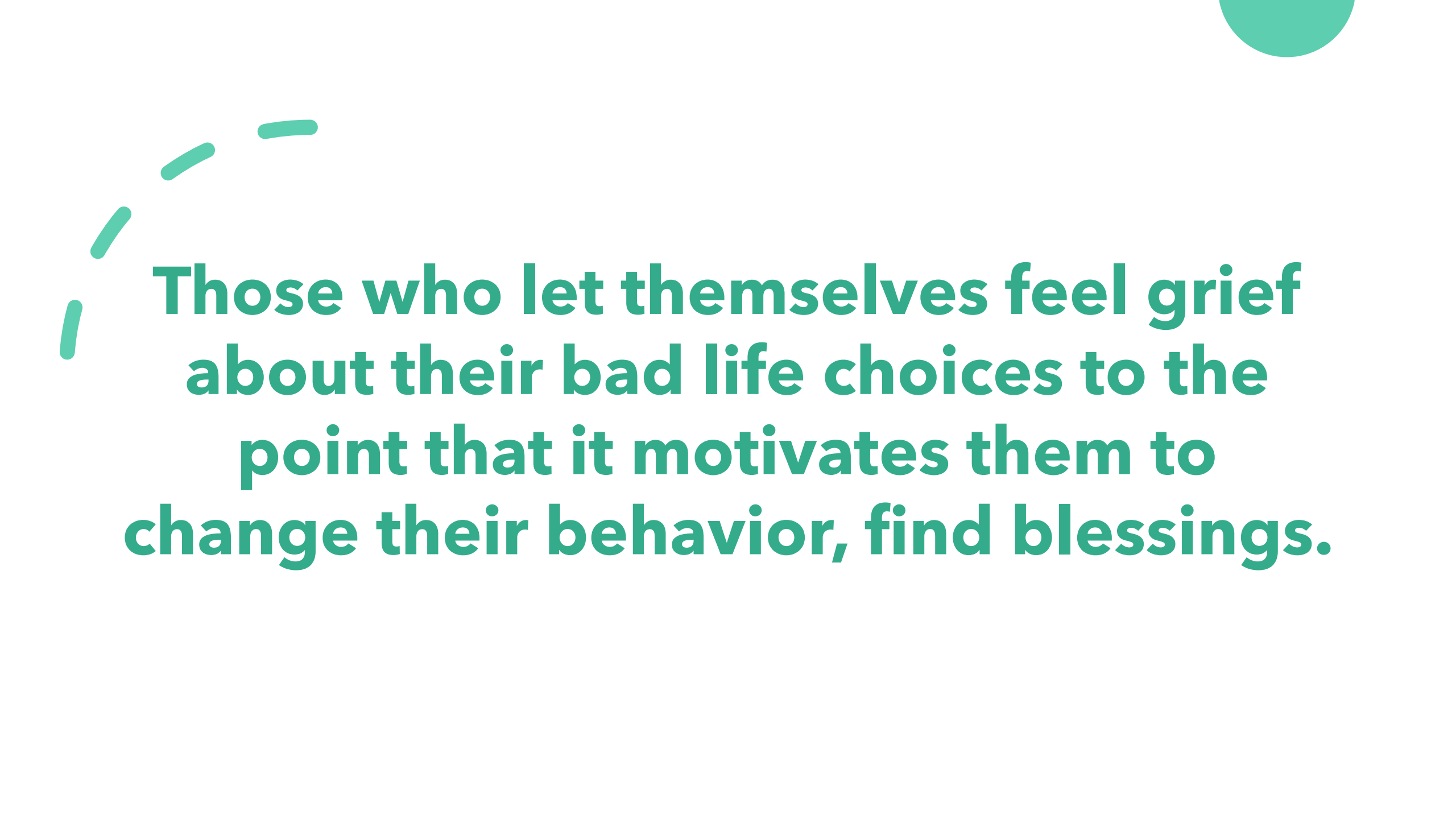
Why is the Grief Process Important for Christians?



The Stages of Grief:
Denial, Anger, Bargaining,
Depression, and Acceptance.



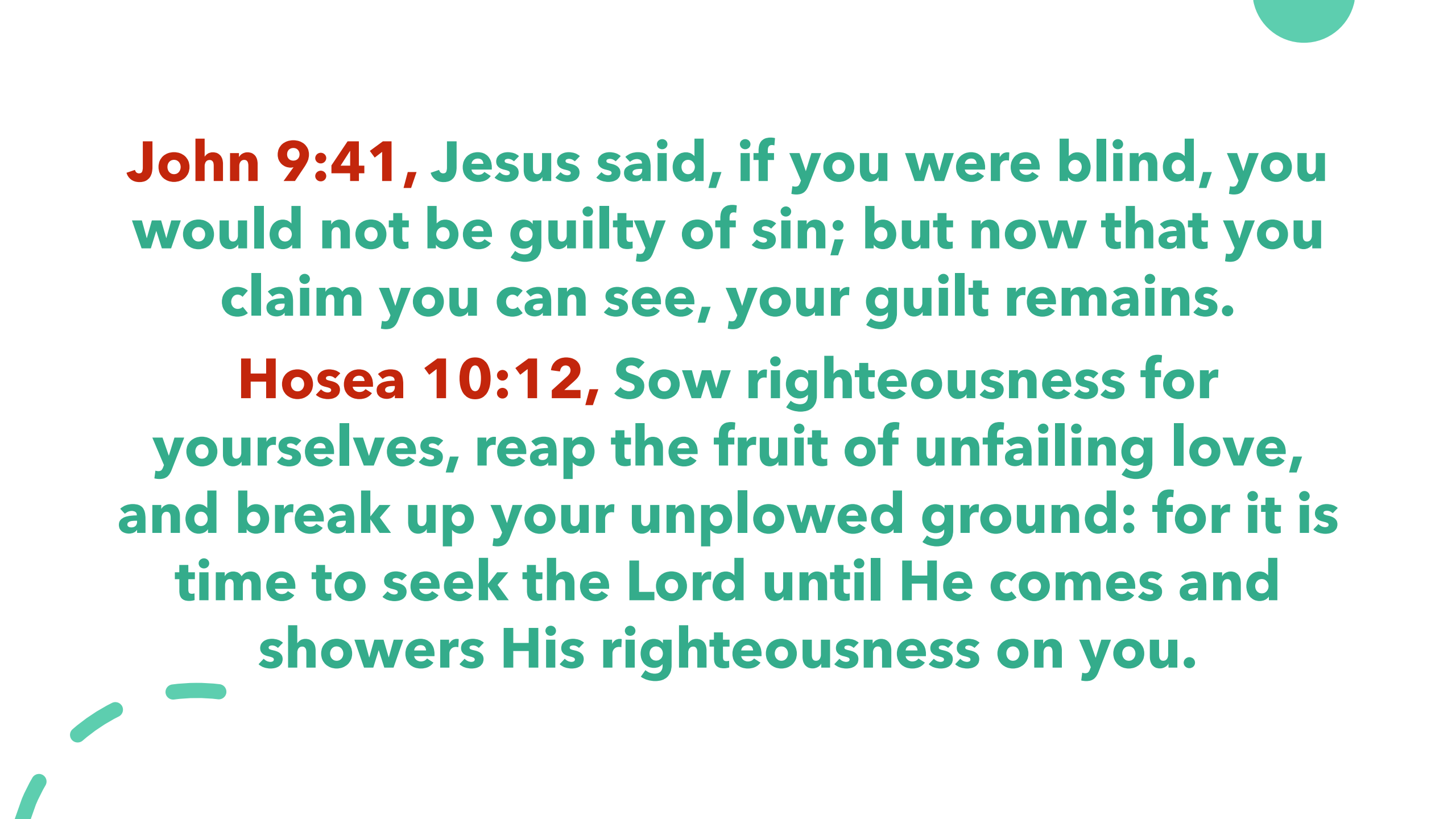
1. The Process of Change.



Those who let themselves feel grief about their bad life choices to the point that it motivates them to change their behavior, find blessings.



**When we don't let ourselves
feel grief over sinful life
choices, we block our ability to
participate in God's grace.**

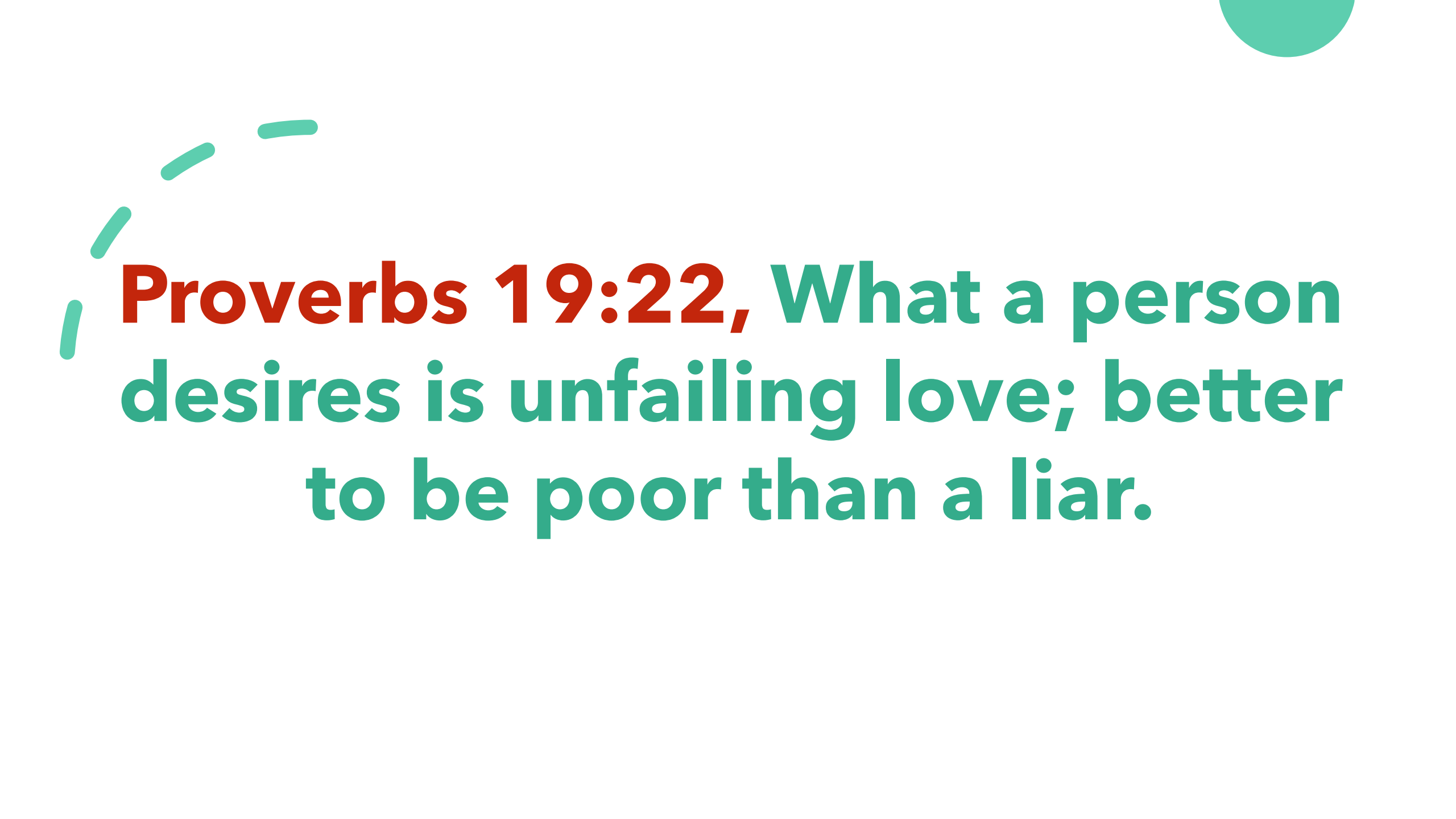


John 9:41, Jesus said, if you were blind, you would not be guilty of sin; but now that you claim you can see, your guilt remains.

Hosea 10:12, Sow righteousness for yourselves, reap the fruit of unfailing love, and break up your unplowed ground: for it is time to seek the Lord until He comes and showers His righteousness on you.



2. The Process of Healing.



Proverbs 19:22, What a person desires is unfailing love; better to be poor than a liar.



**1 Corinthians 13:8, Love
never fails.**

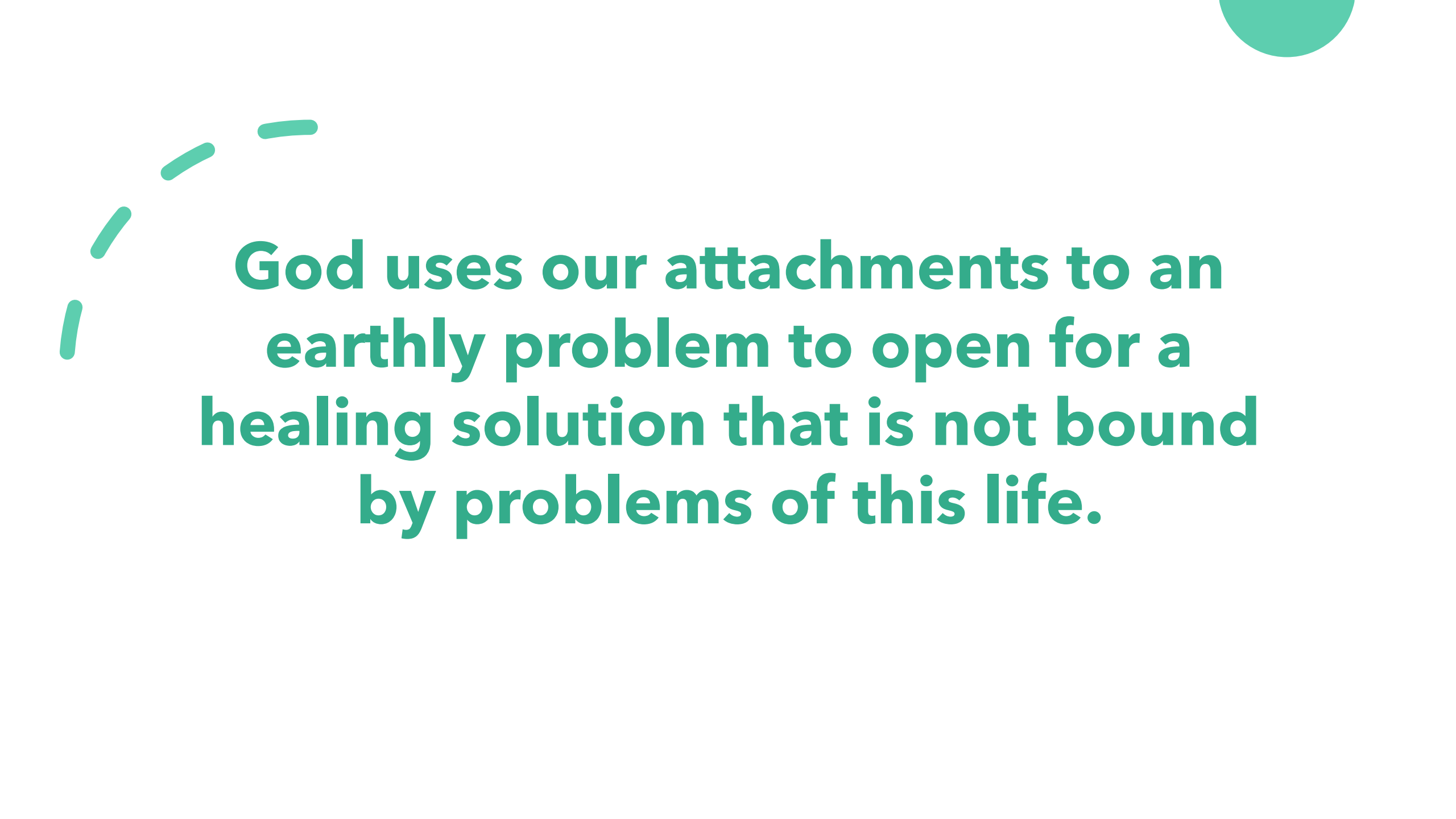
**Jeremiah 31:3, I have loved
you with an everlasting love.**



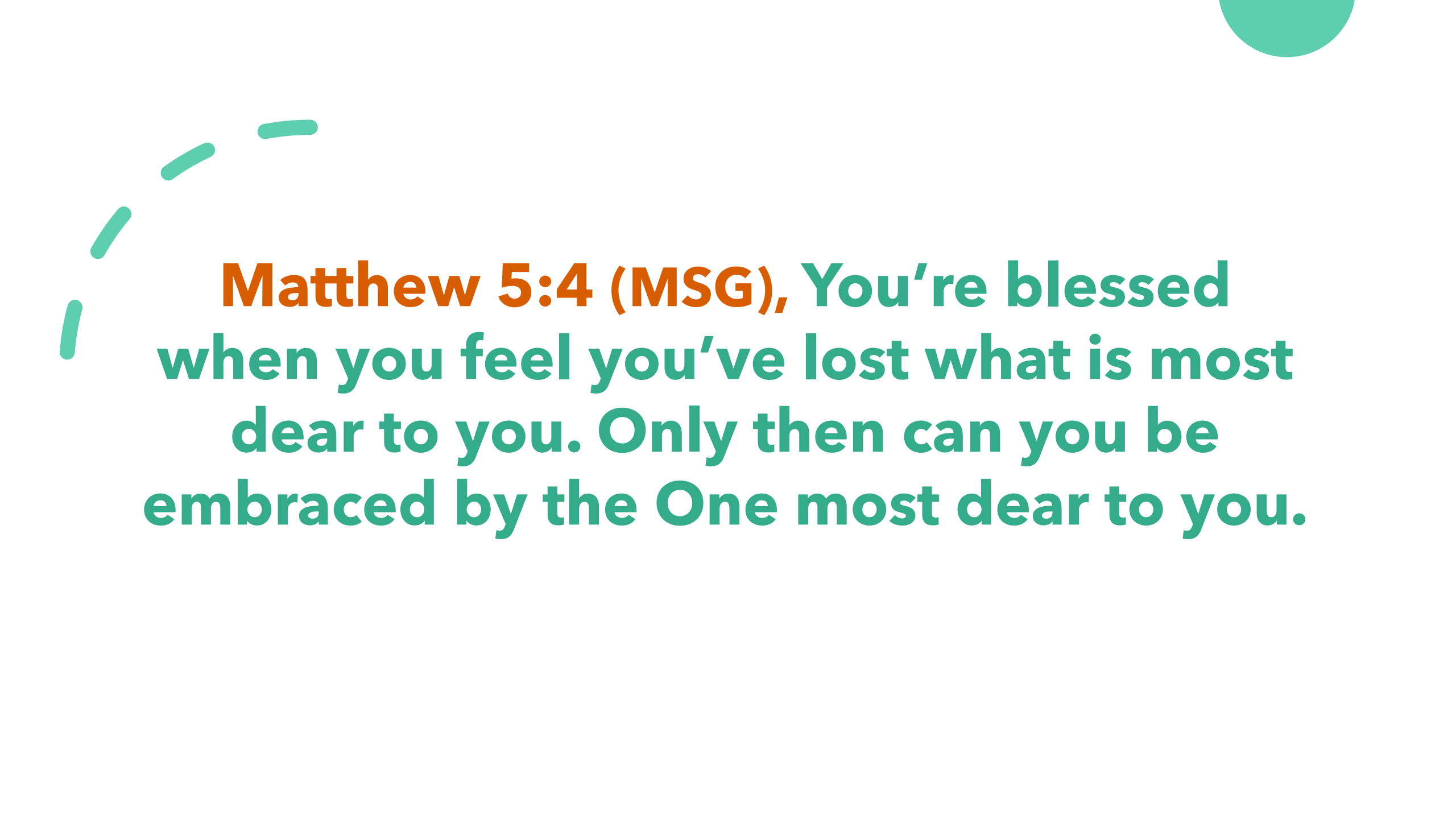


Matthew 15:21-28

The Story of Canaanite Woman



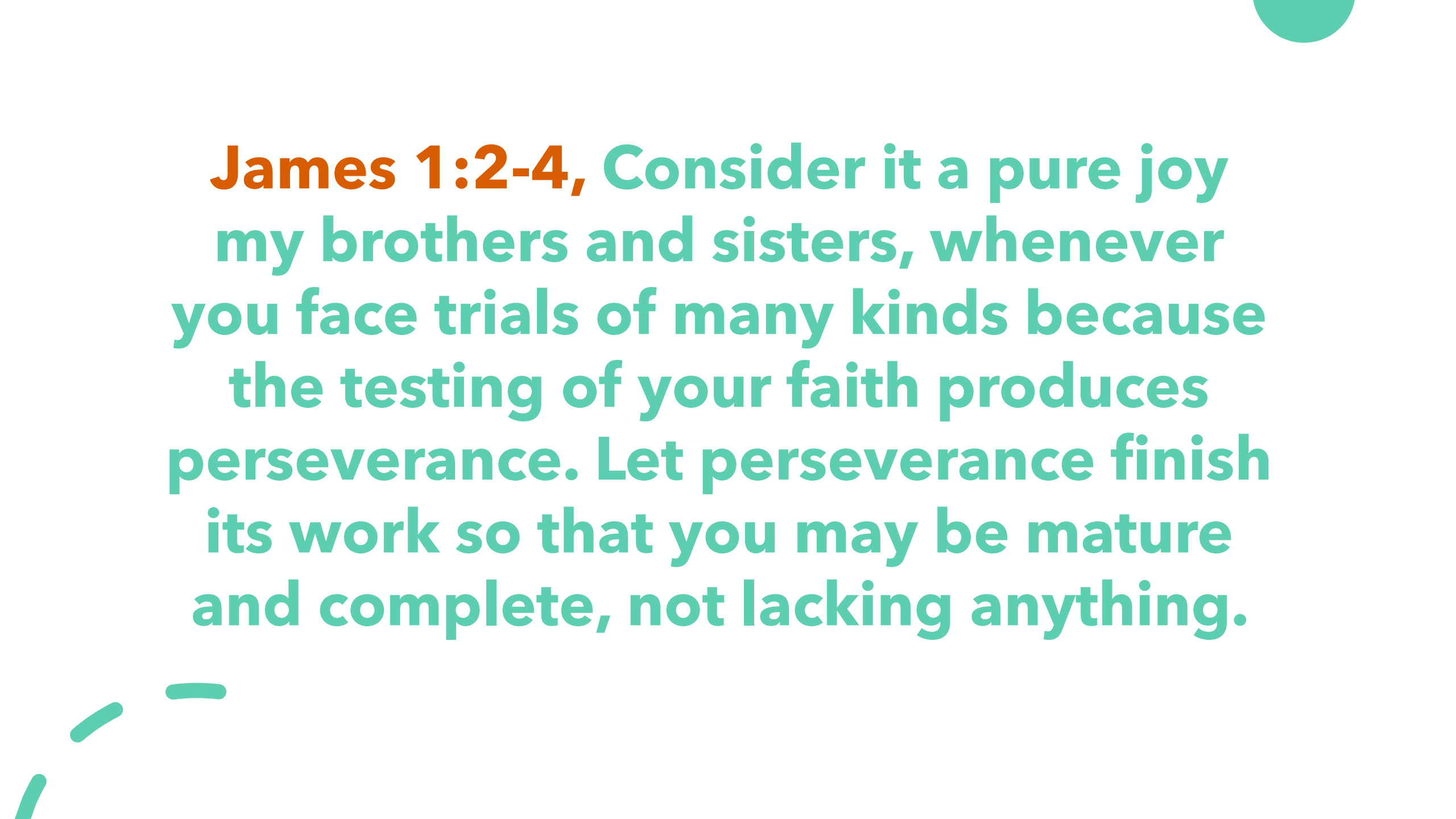
God uses our attachments to an earthly problem to open for a healing solution that is not bound by problems of this life.




Matthew 5:4 (MSG), You're blessed when you feel you've lost what is most dear to you. Only then can you be embraced by the One most dear to you.



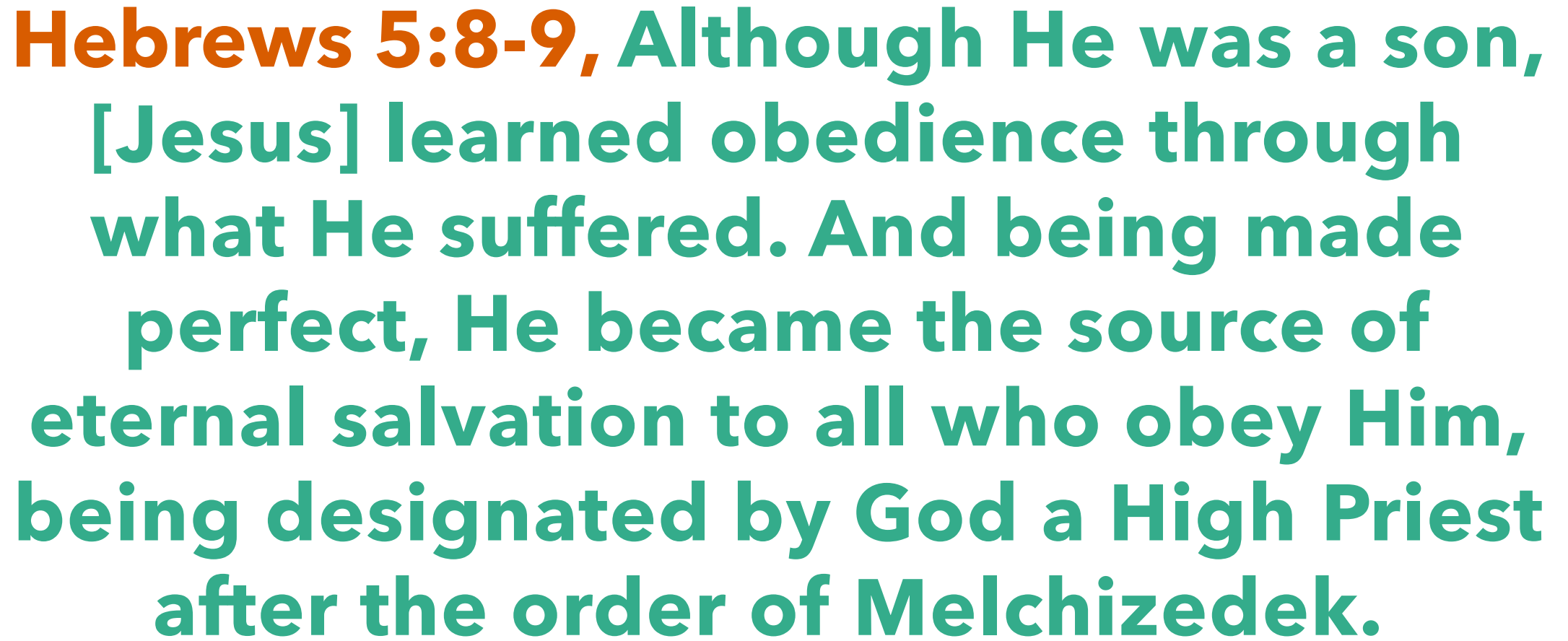
3. The Process of Growth and Maturity.



James 1:2-4, Consider it a pure joy my brothers and sisters, whenever you face trials of many kinds because the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.



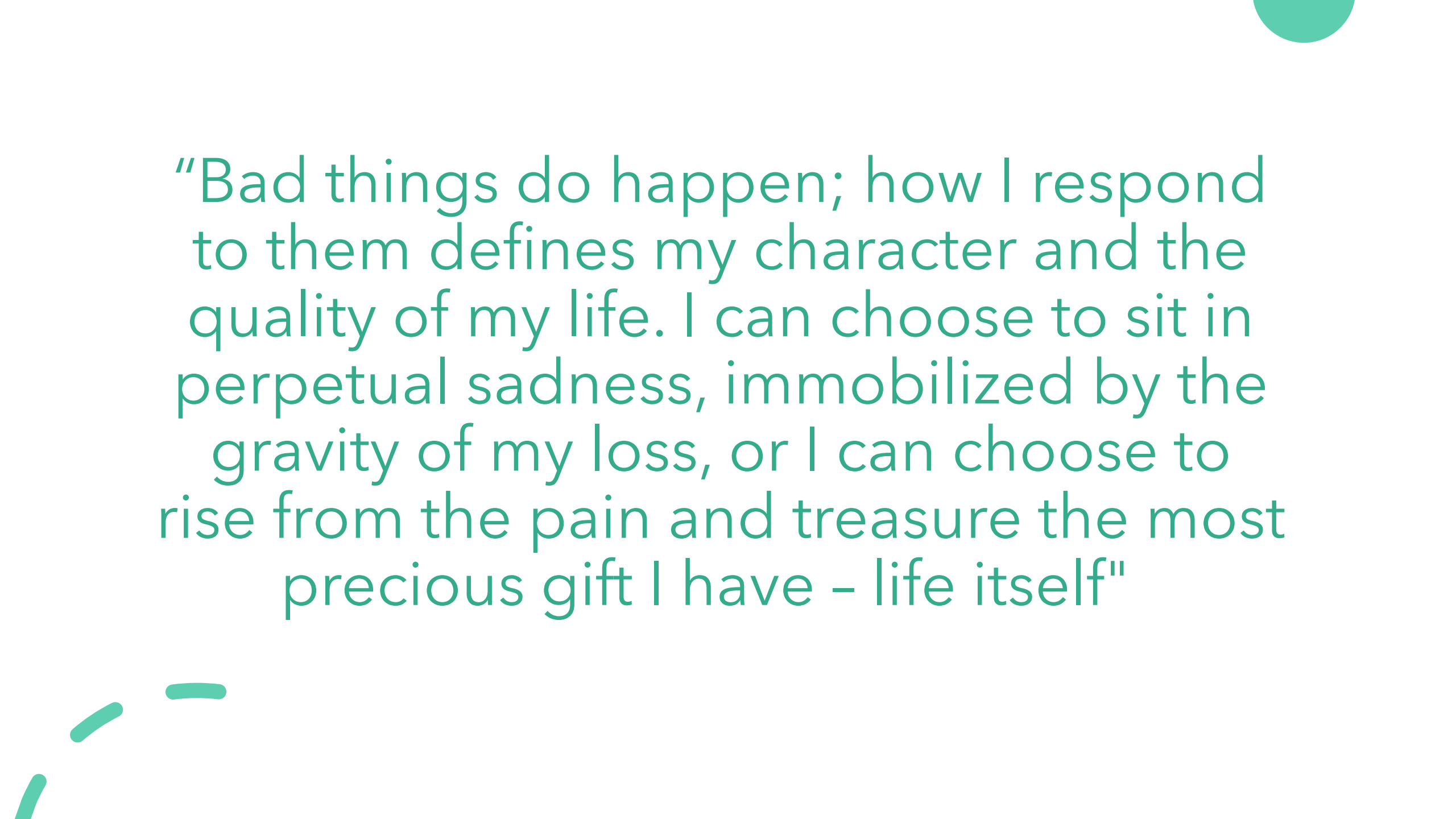
Every loss, when persevered through with faith, creates the opportunity to get more firmly anchored in God's providence.



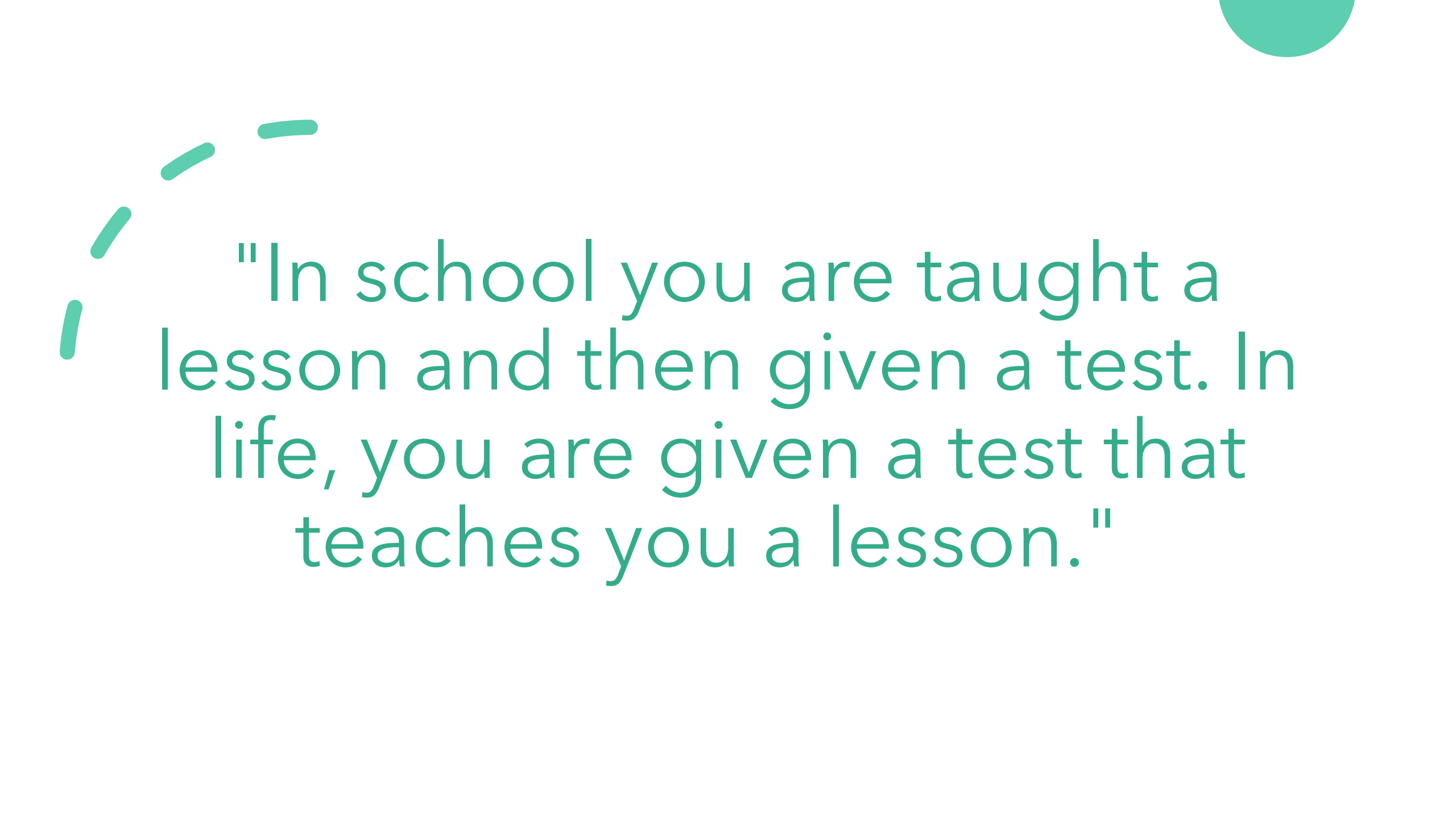
Hebrews 5:8-9, Although He was a son, [Jesus] learned obedience through what He suffered. And being made perfect, He became the source of eternal salvation to all who obey Him, being designated by God a High Priest after the order of Melchizedek.




7 Valuable Life Lessons the Pain of Grief Can Teach Us:



"Bad things do happen; how I respond to them defines my character and the quality of my life. I can choose to sit in perpetual sadness, immobilized by the gravity of my loss, or I can choose to rise from the pain and treasure the most precious gift I have - life itself"



"In school you are taught a lesson and then given a test. In life, you are given a test that teaches you a lesson."



**1. Live Your Life to the Fullest as it
can Change in a Blink of an Eye.**
James 4:14



**2. Family and Friends are Your
Precious Gifts in Life.**

Proverbs 17:17



**3. Healing is a Process -
don't Rush it.**

Luke 6:21



**4. Use Your Power of Choice,
Choose to be Hopeful.**

Mark 9:23




5. Find Your Purpose in Life.

Psalm 57:2



Knowing Your Purpose Helps You In Three Important Ways:

- 1. It declares why you exist.**
 - 2. It defines your life.**
 - 3. It clarifies the non-negotiables.**
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**6. Don't Let Your Past Rule Your
Life Now and in the Future.**

Philippians 3:13



**7. Don't Run Away from Life,
Stay Strong and Embrace its
Unpredictability.**

Jonah 1:3



**“The art of life is not
controlling what happens
to us but using what
happens to us.”**

Bible Study Follow Up Chat Questions:

- 1. What was your greatest takeaway from today's lesson?**
- 2. Do you have any questions regarding the lesson?**
- 3. The Process of Grief serves three purposes. What are they?**
- 4. "Love never fails." Explain.**
- 5. Can you name and expound on a valuable lesson the pain of grief can teach us.**