

Knowing God: The Faithfulness of God- Week 7

God Time – Faithfulness in Grief

These scriptures are selected to help you gain a deeper understanding of who Jesus is. You can read them each day or listen to the daily audio that is sent to you. They are intentionally designed for you to engage in your time alone with God. You will find them complementary to the teachings on the weekend (gatherings) and to the LIFE Group materials.

Some tips:

Use a Bible that is easy to read. The ESV or The NLT are both good translations.

Use a prayer journal. After you read the passages jot down what “jumped out” at you while reading. Then take a few minutes to write a prayer response to what you have read.

There are only five days of reading provided, so if you miss a day, you have time to catch up. Do not get legalistic! If you miss a day or even a week, God still loves you!

Monday: Ecclesiastes 7:2

Tuesday: Psalm 30:5

Wednesday: 1 Peter 5:7

Thursday: Psalm 56:8

Friday: Psalm 91:1 & 2

Diving Deeper

Knowing God's Faithfulness – Faithfulness in Grief

Grief is a common human emotion that is the result of losing something or someone. For example, a spouse, a friend, a job, our health, a pet. Grief is the result of loss. Many Bible characters experienced deep loss. Including Job, Naomi, Hannah and David. Even Jesus mourned at the loss of his friend Lazarus.

Having the right perspective is one step in overcoming grief. First, there is nothing wrong with grieving. It is a natural response to pain and loss. Second, we know that times of grief serve a purpose – Ecclesiastes 7:2. This verse tells us that grief can be helpful because it can refresh our perspective on life. And lastly, we remember that feelings of grief are temporary - Psalm 30:5.

Through it all God is faithful. He is with us even in the valley of the shadow of death - Psalm 23:4 and Psalm 56:8.

Just as Jesus entered into the grief of the mourners in Bethany, God enters into our grief as well. Psalm 46:10 reminds us to be still and rest in the knowledge that he is God. He is also our refuge - Psalm 91:1 & 2, and he works all things together for those who love Him - Romans 8:28.

Sadly, grief is a part of the human experience. But we have the hope of Christ, and we know that He is strong enough to carry our burdens - Matt: 11:30. We can give our hurt to Him because He cares for us - 1 Peter 5:7. In grief we, cast our burdens on Him, rely on our community of faith, delve into the truth of scripture, and ultimately experience hope - Hebrews 6:19 & 20.

- 1) In your experience of grief what have you found to be helpful? Be specific.
- 2) How have you helped others during their time of grief? Be specific.