

GETTING THROUGH LIFE'S LOSSES

How to Get Through What You're Going Through
Rick Warren

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 he 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; he rescues those whose spirits are crushed." Psalm 34:18 (NLT)

4. _____

"Carry each other's burdens, and in this way you will fulfill the law of Christ."
Galatians 6:2 (NIV)

"When others are happy, be happy with them. If they are sad, share their sorrow."
Romans 12:15 (TLB)

5. _____

"There is a time for everything, and a season for every activity under the heavens . . . a time to weep and a time to laugh, a time to mourn and a time to dance."
Ecclesiastes 3:1, 4 (NIV)

STEPS TO MOVING FORWARD

1. _____

Jesus: *"Blessed are those who mourn, for they will be comforted."*
Matthew 5:4 (NIV)

• 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 (ESV)

2. _____

3. _____

A LAMENT: A passionate expression of grief to God
An act of worship that can include complaining to God

Psalms of Lament

Psalm 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

- _____
- _____

4. _____

"The Lord is like a father to his children, tender and compassionate to those who fear him. For he knows how weak we are." Psalm 103:13-14 (NLT)

Jesus: *"He has sent me to heal the broken-hearted."* Luke 4:18 (TLB)

Next Steps

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