

Grief and loss aren't detours but sacred paths to spiritual growth. When we face our pain, God meets us and transforms us, just as He did in Jesus' life and the psalms. This message encourages moving through grief, allowing God to use our tears to bring new life. Healing happens in the depths, shaping us into stronger, more compassionate people.

PRAY ABOUT IT

- **Morning:** *God, help me face grief with courage and trust You to bring new life and hope.*
(Read Psalm 56:8-13; Psalm 61:1-5)
- **Afternoon:** *Lord, meet me in my pain. Use my tears to grow strength and compassion within me.*
(Read Psalm 73:21-26)
- **Evening:** *Father, thank You for Your healing presence. Renew my heart and grant me peaceful rest tonight.* (Read Psalm 126:1-6)

WRITE ABOUT IT

How has grief or loss shaped my faith and character, and what new life might God be birthing through my pain?

SHARE ABOUT IT

- How has grief or loss shaped your faith journey or spiritual growth? _____

- What does it mean to you that grief can be a sacred path, not a detour? _____

- Have you ever avoided pain or sorrow? What impact did that have on your faith? _____

- How do the life of Jesus and the psalms of lament help us understand God's presence in mourning? _____

SHARE ABOUT IT

- What false expectations about grief do you think people often hold to? _____

- In what ways has God used your pain to birth something new in you? _____

- How can community support each other in moving through grief instead of rushing past it? _____

DO SOMETHING ABOUT IT

Identify your place in the 5 grief stages: denial, anger, bargaining, depression, acceptance. Then, choose, connect and communicate honestly to move toward healing.

ADDITIONAL RESOURCES

- *Walking with God through Pain and Suffering* by Timothy Keller
- *A Grief Observed* by C.S. Lewis