

12/6/2020

## Walking in Grief

A video introduction is available to view at [https://watch.liberty.edu/media/1\\_ufxc3cuf](https://watch.liberty.edu/media/1_ufxc3cuf)  
If no Wi-Fi available where you teach, download to your computer from <https://tinyurl.com/y2vy4js3>

### 1. Motivate

When has a friend or family member helped you through a difficult experience?

### 2. Transition

It's great to have folks we know we can depend on in a tough situation.

- It's especially true when we are confronted with a tragic loss.
- How wonderful to know the assurance from God, who responds to our troubles and sorrows with grace and compassion.

### 3. Bible Study

#### 3.1 Call to God

Listen for a cry for help.

Psalm 116:1-4 (NIV) I love the LORD, for he heard my voice; he heard my cry for mercy. 2 Because he turned his ear to me, I will call on him as long as I live. 3 The cords of death entangled me, the anguish of the grave came upon me; I was overcome by trouble and sorrow. 4 Then I called on the name of the LORD: "O LORD, save me!"

The psalmist declared his love for God. What reason did he cite for his declaration of love?

What promise did the psalmist make?

What specific examples, what words and phrases did the psalmist relate to substantiate his claim about his problems?

What are some of our typical first responses to sad news?

What kinds of things might keep us from taking our sorrows to God?

Why should prayer be such an important part of the grieving process?

3.2 Rest in God

Listen for God’s benevolence.

Psalm 116:5-9 (NIV) The LORD is gracious and righteous; our God is full of compassion. 6 The LORD protects the simplehearted; when I was in great need, he saved me. 7 Be at rest once more, O my soul, for the LORD has been good to you. 8 For you, O LORD, have delivered my soul from death, my eyes from tears, my feet from stumbling, 9 that I may walk before the LORD in the land of the living.

Identify three traits of the character of the Lord the psalmist highlighted in verse 5. What is the meaning and significance of each?

Character Trait	Meaning & Significance

What are some specific examples the psalmist gives of God’s love and compassion? Why could he feel at rest?

What does it mean to you to find rest in the sense used by the psalmist?

What hope is expressed in verse 9?

What attributes, characteristics about God can help you during times of sorrow?

What kinds of feelings and thoughts does a person have when physically or emotionally exhausted?

In light of these kinds of emotions, why was the writer able to rest in God? How does “resting in God” express thanks to Him?

12/6/2020

## Walking in Grief

### 3.3 Trust in God

Listen for God's perspective on death.

Psalm 116:15-17 (NIV) Precious in the sight of the LORD is the death of his saints. 16 O LORD, truly I am your servant; I am your servant, the son of your maidservant; you have freed me from my chains. 17 I will sacrifice a thank offering to you and call on the name of the LORD.

What different perspective on death did the poet come to understand?

Why is worship important even while we are experiencing grief?

What are some benefits of trusting God during difficult circumstances?

What helps you trust God during difficult circumstances?

When facing a struggle, how do you come to a place of rest that enables you to press on because you know God loves you?

### Application

**Pray.**

- If you're in a season of grief or sorrow, pray.
- Talk to God about what you're experiencing and feeling.
- Read Psalm 116 as a prayer of trust.

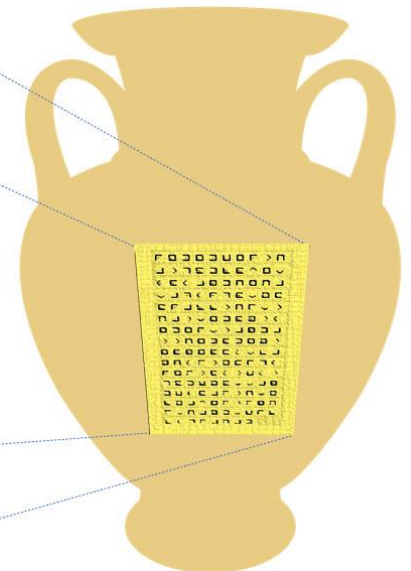
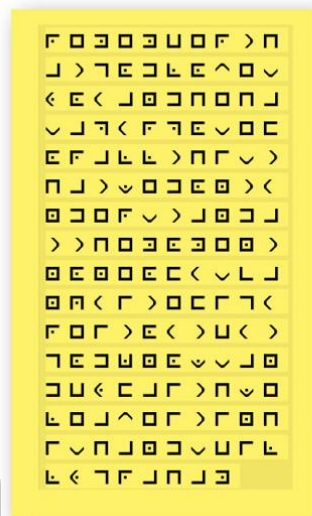
**List.**

- Make a list of all the ways God has shown you grace and compassion.
- When difficulties arise, pull out that list and reflect on the ways God has worked in your life.
- Trust God to continue working in your life.

**Listen.**

- If you have a friend or relative going through grief, invest time to sit with him or her.
- You don't have to offer advice or try to talk them out of their grief.
- Just sit, listen, and be the presence of Christ.

A	B	C	J	K	L
D	E	F	M	N	O
G	H	I	P	Q	R
S			W		
T		U	X		Y
V			Z		



Our Fine Arts Secretary at the Roonstanbaz embassy has forwarded us a photo of a recently discovered urn with what is meant to look like decorative engraving on the side. This appears to be an ancient commonly used code for which we have the key (shown above). Give us a hand and decode it. Have your visitation committee forward it to NSA immediately. Technical assistance and further engaging activities are available at <https://tinyurl.com/y2vy4js3>

