

VALLEYS

HOW TO GET THROUGH THE TOUGH STUFF

LESSONS FROM GRIEF

THE TRUTH ABOUT GRIEF

1. Grief is a _____.
2. Grief is _____.
John 11:33-36
3. _____ grieves with us.
Psalms 34:18
4. Grief is _____ in community.
Galatians 6:2; Romans 12:15
5. Grief is a form of _____.
Psalms 51:17
6. Grief is a _____ not a destination.
Psalms 23:4

HOW TO WALK THROUGH GRIEF

1. _____ what has been lost and receive comfort.
Matthew 5:4
2. Learn to _____ (an act of worship that is an emotional expression of grief to God that includes complaining to God.)
2 Corinthians 1:3-4

Psalms of Lament:

Psalms 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