

Study QUESTIONS

Ep. 1011: How Do You Find Your Way Through Grief?

See:



<https://christianquestions.com/character/1011-how-do-you-find-your-way-through-grief/>

1. Define grief. How can grief be likened to disease?
2. How does Jesus help us through our grief? (See Luke 4:17-21) How does God look at us as we experience grief? (See Matthew 10:29-30, Isaiah 42:3) How does the grief process help us?
3. How does denial, the first stage of grief, help us deal with our feelings? (See Psalms 43:2-5)
4. What instructions do the Scriptures give us in dealing with the anger and bargaining stages of the grief process? (See Isaiah 41:10, 1 Corinthians 10:13)
5. What are some new perspectives that can come out of terrible grief? (See Ephesians 4:32, Romans 8:26,28, Isaiah 26:3-4)
6. What are the steps we need to take to refocus our thoughts higher when recovering from grief? (See Romans 12:12-13, Hebrews 12:11-13) How do these steps help us to work through the last two stages of grief - depression and acceptance? (See Psalm 18:28)
7. God has blessed us with many comforting scriptures and wonderful promises. List some of your favorite scriptures that provide you with hope when facing your own grief.
8. How can we help others through their grief? (See Psalms 121:1-3, 46:1-2)