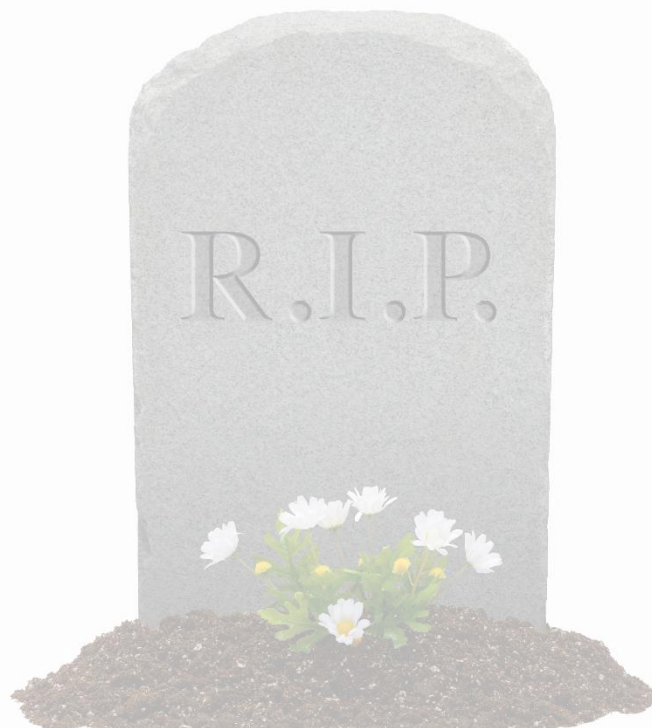


Healthy Grieving

“ How to Respond When Life Gets Challenging - Part 3 ”

1. Keep an Eternal Perspective w. 17-27

2. Don't Stifle Your Emotions w. 28-37



Grow Group Discussion Questions

A grow group is 8-16 people who get together weekly to study God's word and the previous Sunday's message. There is a time of discussion, support, encouragement, and learning how the message applies to daily life. **PCC uses the ESV (English Standard Version).**

HOW DO I JOIN A GROUP?

To learn more or join a group, visit pacificcoastchurch.org/gg/ or sign up at the patio Info Kiosk.

GROW GROUPS ARE CURRENTLY ON SUMMER BREAK

Daily Devotions

These are provided for mid-week personal spiritual growth. Prayerfully writing out your answers will help you experience real life transformation as you dig deeper into the spiritual truths of God's word and today's message.

A downloadable PDF of this document is also available each week at pacificcoastchurch.org/sermons.

MONDAY // Read John 11:17-23, Daniel 12:2, 2 Corinthians 5:1-9

- In what way did Jesus address an Old Testament perspective on death with Martha?
- How is it different than a Christian perspective? (Hint: timing) Why would this matter to Martha?
- How will a Jesus perspective on death impact how to grieve? How does this help you?

TUESDAY // Read John 11:17-23, Ecclesiastes 7:2, Matthew 16:24-26, 1 Thessalonians 4:13-14, 18

- Explain why Jesus put such an emphasis on the afterlife. How does Matthew 16:24-26 relate?
- What can be learned about going to a memorial service? (i.e., Ecc. 7:2 "house of mourning")
- How do you feel about the idea of death? Why? How does today's reading adjust your approach?

WEDNESDAY // Read John 11:17-23, 32, 37, Romans 11:33-36

- Why was Martha essentially disappointed with Jesus? How was timing the primary issue?
- What does this highlight about trying to figure out God? Why will this also impact grief?
- In what way did Martha also show a continued hope in Jesus? How does this encourage you?

THURSDAY // Read John 11:32-35, Isaiah 53:3, Hebrews 4:15

- How did Jesus respond to the weeping of Mary and the Jews? (c.f. John 11:35) Why?
- What does this highlight about a healthy way of grieving? (i.e., emotions)
- How can you be tempted to stifle your emotions in grief? Why? How does Jesus encourage you?

FRIDAY // Read John 11:35, Matthew 11:28-29

- Describe a current situation where you are dealing with grieving a death. (Physical or relational)
- How does the promise of Matthew 11:28-29 and the example of John 11:35 encourage you?
- Spend some time right now with the Lord and journal how the Lord provides you rest.

SATURDAY // Read John 11:25-27, 14:6, 2 Cor. 5:1, Heb. 9:27, Rom. 3:23, 6:23, 10:9-10, 1 Cor. 15:54-56

- In what way does a perspective on the afterlife relate to the Gospel? Be specific.
- How does this explain why a Christian should grieve death very differently than a non-Christian?
- How do you feel when you consider your own death? What steps of hope do you need to take?

MEDITATION VERSE: ²⁵Jesus said to her, "I am the resurrection and the life. Whoever believes in me, though he die, yet shall he live, ²⁶and everyone who lives and believes in me shall never die. Do you believe this?"

John 11:25-26