

READ PSALM 13

The Psalms show us how to grieve and lament. Consider how Psalm 13 walks through PROTEST, PETITION AND PRAISE and how it creates intimacy with our Savior.

PROTEST: "I don't like this. How long will this last"

PETITION: "A desperate cry for help"

PRAISE: "Worshiping in the hard & proclaiming that He is sovereign, powerful and good"

EMBRACE LIMITS: acknowledge . grieve . embrace

1. Where do you struggle with negative comparison or envy as it relates to your limits?
2. How do you believe the Lord wants you to view those? Is there envy to confess? Or is there grief to process?
3. Pray for healing freedom in embracing your limits.

GRIEVE LOSS: hold . wait . walk

1. How did you learn how to process disappointments or grief as a kid?
2. Which empathy technique mentioned in the video do you typically default to? Why do you default to this technique?
3. What have you learned about a biblical process for grief and loss?

SMALL GROUP DISCUSSION:

Discuss questions from this pdf

CONSIDER GRIEF & LOSS FROM YOUR LIFE.

exercise from the EHS Workbook

Journal the following questions as you look at significant losses from your life.

AGE	Loss/Disappointment Experienced	Your response at the time
3-12		
13-18		
19-25		
26-40		
41+		

Did journaling the chart reveal anything new to you?

Are there any losses you have stuffed & not grieved?

Are there losses that you desire to grieve and embrace the power of the resurrection & hope in your life?

DIVE DEEPER:

Read Chapter 5 in Emotionally Healthy Spirituality by Pete Scazzero

ADDITIONAL RESOURCES:

Walking With God Through Pain & Suffering by Tim Keller

Tear Soup: A Recipe for Healing After Loss by Pat Schwiebert (good for kids & adults)