



Message Notes
May 23, 2010

Week 7
The Grief Gauge

We conclude our series with a very solemn topic. One of the biggest bumps in life that we experience is grief. There are many things that can cause this: loss of a loved one, financial hardship, serious disease, loss of relationship and on and on it goes. Well, let's see if we can gain some help from scripture. The writer of Psalm 116 went through some kind of misfortune that caused him grief. Let's use his circumstances and see if we can get some help with ours.

I. REASONS FOR GRIEF:

- A..Grief can come in a variety of ways.
- B. A Biblical example: _____.

II. RESPONDING TO GRIEF:

- A. The cycle of grief. A better word might be _____.
- B. How to help others who are suffering:
 1. Don't _____ the person.
 2. Don't think you have to say the _____.
 3. Don't treat the survivor _____.
 4. Do understand this process takes a _____.
 5. Don't bring it up every _____ you're with them.
 6. Do expect their emotions to _____.
 7. Do be _____ to reminisce.
 8. Do be _____ in your remembrances.
 9. Do keep your _____ of _____.
 10. Do remember that the time you're needed is not _____.

III. REALIZE THAT THERE IS HELP WITH GRIEF:

- A. From _____ Vs:5, 6, 8
- B. From others who have experienced grief.
 - www.griefshare.org – Living Word Christian Bookstore – Tues. evenings
 - Through a Season of Grief - Bill Dunn & Kathy Leonard
 - Shattered Dreams: God's Unexpected Path to Joy - Larry Crabb

SCRIPTURE TEXT

Psalm 116

I love the LORD, because he hears me; he listens to my prayers. ²He listens to me every time I call to him. ³The danger of death was all around me; the horrors of the grave closed in on me; I was filled with grief and fear. ⁴Then I called to the LORD, "I beg you, LORD, save me!" ⁵The LORD is merciful and good; our God is compassionate. ⁶The LORD protects the helpless; when I was in danger, he saved me. ⁷Be confident, my heart, because the LORD has been good to me. ⁸The LORD saved me from death; he stopped my tears and kept me from defeat.

*Scripture taken from the Holy Bible, Today's English Version
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ADDITIONAL NOTES