SORROW UPON SORROW

A Letter from Prison – Week 7
December 13, 2020

KEY SCRIPTURES

- Philippians 2:19-30
- Matthew 5:4
- Ecclesiastes 7:2-3
- Isaiah 53:3

KEY POINTS

- Paul was relieved that Epaphroditus was spared, saving Paul from grief.
- Understanding the nature of grief can help us better cope with loss. Grief is a natural, healthy process that enables us to recover from loss.
- We need to remember that it is ok to not be ok when experiencing grief.
- Grief is the medicine to process the loss.
- God promises to comfort those who mourn
- Unresolved grief can be crippling and life altering.
- Grief is halved when working within community.
- The pattern in psalms of lament is a good guide for grieving. Verbalize your condition and feelings to God, petition Him for help, and finish with trust and praise.
- The best help to give others who are grieving is your time and a listening ear.

DISCUSSION QUESTIONS

1. Who was the first person you were close to who passed? Describe how you processed the loss?
2. Have you ever experienced these feelings after a loss?
   - Numbness
   - Anxiousness
   - Busyness
   - Guilt
   - Anger
   - Euphoria
   - Depression
3. Work together as a group to write a psalm of lament.