

Godly Grievers Kill The Grief Monster
The Grief Monster
Ben Helton

Highs and Lows from past week

Community Group Questions:

1. Have you ever considered walking away from your faith? Would you mind sharing some of that story?
2. Read Lamentations 3,4 and 5. Why does the book end the way it does? Why did God include Lamentations in the Bible?
3. Look at the list of ideas that are a set up for a faith crisis. Which one are you most tempted to believe and why?
4. Look at the list of Biblical ideas regarding suffering. Which one is most helpful and hopeful for you and why?
5. What's your game plan for the next time you find yourself in a season of grief?

Closing Prayer

Abandoning God in the midst of **ADVERSITY** will only leave you with more **DIFFICULTY**.

Lamentations 3:55-60 *I called on your name, LORD, from the depths of the pit. 56 You heard my plea: "Do not close your ears to my cry for relief." 57 You came near when I called you, and you said, "Do not fear." 58 You, Lord, took up my case; you redeemed my life. 59 LORD, you have seen the wrong done to me. Uphold my cause! 60 You have seen the depth of their vengeance, all their plots against me.*

Lamentations 4:12-14 *The kings of the earth did not believe, nor did any of the peoples of the world, that enemies and foes could enter the gates of Jerusalem. 13 But it happened because of the sins of her prophets and the iniquities of her priests, who shed within her the blood of the righteous. 14 Now they grope through the streets as if they were blind. They are so defiled with blood that no one dares to touch their garments.*

Lamentations 5:19-22 *You, LORD, reign forever; your throne endures from generation to generation. 20 Why do you always forget us? Why do you forsake us so long? 21 Restore us to yourself, LORD, that we may return; renew our days as of old 22 unless you have utterly rejected us and are angry with us beyond measure.*

We think that God is waiting for us to pull ourselves together but actually He is waiting for us to come to Him and fall apart. Jennie Allen

Are your beliefs about suffering setting you up for a crisis or holding you up in a crisis?

A Set Up For A Faith Crisis:

My goal is comfort.

My plan is to use God to get what's comfortable.

My belief is that God has promised me comfort.

My first thought when something bad happens is that I've done something wrong.

My metric for evaluating God's existence and goodness is my experiences.

My conclusion after multiple bad things happen is that there is no God.

A Biblical Foundation For Suffering:

God did not create evil.

God allowed for evil when He willed a world of good.

God will redeem all evil outcomes.

God can use evil to lead us to His comforting presence.

God will remove all evil and suffering one day.

God's existence and goodness is measured by historic/scientific evidence and the cross.

Godly people grieve.

Matthew 27:46 *About three in the afternoon Jesus cried out in a loud voice, "Eli, Eli, lema sabachthani?" (which means "My God, my God, why have you forsaken me?")*

Jesus **LAMENTED** for me, I can lament to Him.

BOTTOM LINE: Don't allow suffering to define your **IDENTITY**, rather allow your identity to define your **SUFFERING**.