

CrossWalk **notes**

No Help At All

Just Get Over It – Grief/Loss

September 1, 2019 / Dan Solofra

Grief is deep sorrow caused by _____.

- It is not something I get _____.
- It is something I must go _____.

¹⁷ On his arrival, Jesus found that Lazarus had already been in the tomb for four days. ¹⁸ Now Bethany was less than two miles from Jerusalem, ¹⁹ and many Jews had come to Martha and Mary **to comfort them** in the loss of their brother. ²⁰ When Martha heard that Jesus was coming, she went out to meet him, but Mary stayed at home. ²¹ "Lord," Martha said to Jesus, **"if you had been here, my brother would not have died."** John 11:17-21, NIV

Our big complaint when it comes to loss is usually about

God's _____.

²² But I know that even now God will give you whatever you ask." ²³ Jesus said to her, **"Your brother will rise again."**

²⁴ Martha answered, "I know he will rise again in the resurrection at the last day." John 11:22-24, NIV

In times of loss, pain and hope will often _____.

²⁵ Jesus said to her, **"I am the resurrection and the life. The one who believes in me will live, even though they die;** ²⁶ and whoever lives by believing in me will never die. Do you believe this?" ²⁷ "Yes, Lord," she replied, **"I believe that you are the Messiah, the Son of God, who is to come into the world."** John 11:25-27, NIV

Physical death is separation of _____ and _____.

Spiritual Death is separation of the _____ from _____.

³² When Mary reached the place where Jesus was and saw him, she fell at his feet and said, "Lord, if you had been here, my brother would not have died." ³³ When Jesus saw her weeping, and the Jews who had come along with her also weeping, **he was deeply moved in spirit and troubled.** ³⁴ "Where have you laid him?" he asked. "Come and see, Lord," they replied. ³⁵ **Jesus wept.** ³⁶ Then the Jews said, "See how he loved him!" John 11:32-36, NIV

Jesus' tears show his _____ even in the midst of _____.

¹³ Brothers and sisters, we do not want you to be uninformed about those who sleep in death, **so that you do not grieve like the rest of mankind, who have no hope.** ¹⁴ For we believe that Jesus died and rose again, and so we believe that God will bring with Jesus those who have fallen asleep in him. **1 Thessalonians 4:13-14, NIV**

Denial and Isolation

Anger

Bargaining

Depression

Acceptance

MEMORY VERSE

²⁵ Jesus said to her, "I am the resurrection and the life. The one who believes in me will live, even though they die; ²⁶ and whoever lives by believing in me will never die. Do you believe this?" John 11:25-26, NIV

My next step: I will mourn and grieve loss in my life with hope. I will camp in my pain but live in the promises of Christ.

What's your next step today?

Mark it on your Communication Card.