

HOW TO LIVE ON WITH LOSS

How to Handle the Seasons of Life - Part 3 of 9

Matthew 5:4

"Blessed are those who mourn, for they shall be comforted."

Myths About Loss in Your Life

1. _____ and _____ are the same experience.
2. There is a _____ and orderly stage-like progression to the experience of mourning.
3. It is best to move _____ from grief instead of _____ it.
4. Following the death of someone significant to you, the _____ is to "_____ " your grief.
5. _____ expressing grief are only a sign of _____.

HOW TO COPE WITH LOSS IN ONE'S LIFE

1. E _____ grief for mourning.

Even if I walk through a very dark valley, I will not be afraid, because you are with me. Psalms 23:4 (NCV)

Grief:

Mourning:

"If I do not mourn well, I will not live well and I will not love well."

2. E _____ the Pain of the Loss

"Joseph threw himself on his father and wept over him and kissed him." Genesis 50:1 (NLT)

"Then Jesus wept. The people who were standing nearby said, "See how much he loved him." John 11:35-36 (NLT)

What an Avoider in Grief Looks like:

- The P _____
- The D _____
- The R _____
- The M _____
- The S _____

"The only way to get to the other side is to go through the door." Helen Keller

3. E _____ the Support of Others

"Look after each other so that not one of you will fail to find God's best blessings." Hebrews 12:15 (LB)

"Rejoice with those who rejoice, and weep with those who weep." Romans 12:15 (NASB)

4. E _____ the Love of Christ

"You, LORD, give true peace to those who depend on you, because they trust you." Is. 26:3 (NCV)

"Job stood up and tore his robe in grief. Then he shaved his head and fell to the ground before God." Job 1:20 (NLT)

5. E _____ Life Now

"Reach out to God...then face the world again, firm and courageous." Job 11:13-16 (GN)

"An infant is born with a clenched fist, but an old man dies with an open hand. Life has a way of prying loose our grip on all that seems so important."