

YOU'VE HEARD IT SAID



LifeGroups



Key things you heard

- It's okay to not always be okay. But even when you're not okay, there is still hope.
- Give yourself and others permission to not be okay sometimes.
 - It's okay to question.
 - It's okay to cry out to God.
 - It's okay to share your grief with others.
 - It's okay to wait and listen.
 - You will get through this.
- The middle of our stories can be messy, but the mountaintop is coming. And you can find God in both the valley and the victory.

Pray: *God, thank You for always being with us. You have never left us or forsaken us. When we feel lost, hurt, or sad, You are right there with us. When we experience grief, hurt, and pain, remind us that You are near, and encourage us to share our grief with others. In Jesus' name, amen.*



Tweetable Moments



When life hurts, we're tempted to avoid the pain. But the only way forward is through it.



When our life feels dark, God is there, too. And He can create so much goodness, light, hope, and joy in those dark places.



Say What? Questions for conversation

Icebreaker: Would you rather order takeout or cook dinner from scratch?

- What was your biggest takeaway from this episode?
- When you experience grief or a trial, are you more likely to take time to feel the pain in the middle, or rush through to the end? Why?
- Talk about a time when you experienced grief. What role did God play in your life during that season? How did you find hope again?
- Read **Psalm 46:1**. What does it mean that "God is a refuge"? How have you seen God be a refuge in the middle of your pain?
- How can you come to God—and others—in the middle of pain? How can you provide a safe place for others who are struggling?



Now Go Do It Resources and next steps

Challenge: Talk with your LifeGroup about how you will support one another when life hurts. Take time to pray for one another, too.

- If you're not yet in a LifeGroup, find or start one here: www.life.church/lifegroups
- Start the *You've Heard It Said* Season 4 Bible Plan: www.go2.lc/middle
- Listen to Episode 19: *A Therapist on Grief, Loss, and 2020*: www.go2.lc/grief
- Find everything you need for Pastor Craig's book and message series, *Hope in the Dark*: www.life.church/hopeinthedark
- Read Adrienne's post: www.go2.lc/godisgood