

YOU'VE HEARD IT SAID



LifeGroups



Key things you heard

- Grief is a deep sorrow caused by loss. It can include the loss of a loved one, situation, relationship, or unfulfilled dreams.
- Signs of grief might include sadness, numbness, worry, irritability, anger, or fear for the future.
- The best thing you can do for someone grieving is be with them. It's not about the words you say, but your willingness to sit with them in their grief.

Key Scriptures

Romans 12:15, Matthew 5:4

Pray: *God, thank You for being close to the brokenhearted and for working all things together for good. Help us cast our cares and burdens onto You, knowing that You care for us, and show us how to extend Your love and support to others who are grieving. In Jesus' name, amen.*



Tweetable Moments



One of the best things you can do for someone grieving is simply to be with them.



You can experience joy and grief at the same time.



Say What? Questions for conversation

Icebreaker: How do you usually respond to fight or flight situations?

- What stood out to you from this episode?
- How do you feel about difficult conversations? Do they usually make things better or worse?
- Read **Romans 12:15**. What does it look like to support others in different seasons of rejoicing or mourning?
- Share about a time when a friend supported you during a tough time. What did they do to help you through?
- How might God use grief to bring you closer to Him?
- Is there currently any grief that you need to share with others? How could inviting others into grief make the healing process better?



Now Go Do It Resources and next steps

Challenge: Identify any grief you're experiencing. Then, do something to process it in a healthy way. Or, reach out to someone else who is grieving and make time to be with them.

- If you're not yet in a LifeGroup, find or start one here: www.life.church/lifegroups
- Start the *Wisdom for Mental Health* Bible Plan: www.go2.lc/mentalhealthplan
- Watch Pastor Craig's *Peace of Mind* message series: www.life.church/peaceofmind
- Find more resources for your mental health: www.life.church/mentalhealth