

## **RESPONDING TO LIFE'S LOSSES**

### **Growing in the Season of Life**

*"Sometimes something useless happens on earth. Bad things happen to good people, and good things happen to bad people..."*  
Ecclesiastes 8:14 (NCV)

#### **1. RELEASE MY GRIEF.**

*"Blessed are those who mourn, for they will be comforted."* Matthew 5:4

*"... Pour out your heart to God, for he is our refuge."* Psalm 62:8

*"The LORD is close to the brokenhearted and saves those who are crushed in spirit."* Psalm 34:18 (NIV)

#### **2. RECEIVE FROM OTHERS.**

*"Carry each other's burdens..."* Galatians 6:2 (NIV)

*"By helping each other with your troubles, you... obey the law of Christ."* Galatians 6:2 (NCV)

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

#### **3. REFUSE TO BE BITTER.**

*"[Some people] have no happiness at all; they live and die with a bitter heart."* Job 21:25 (GNT)

*"Watch out that no bitterness takes root among you... it causes deep trouble, hurting many in their spiritual lives."* Hebrew 12:15b (TLB)

#### **The Antidote:**

\* **ACCEPT** what cannot be changed.

*"... Reach out to God ... then face the world again, firm and courageous..."* Job 11:13; 15

\* **FOCUS** on what is **LEFT**, not what is lost.

*"No matter what happens, always be thankful, for this is God's will for you..."* 1 Thessalonians 5:18 (TLB)

#### **4. REMEMBER WHAT IS IMPORTANT.**

**Jesus:** *"... Life is not measured by how much one owns."*  
Luke 12:15 (NCV)

*"We brought nothing into the world, [and] we can take nothing out [of it]."* 1 Timothy 6:7 (NCV)

#### **5. RELY ON CHRIST.**

*"... I have learned the secret of being happy at any time in everything that happens ... I can do all things through Christ, because he gives me strength."* Philippians 4:12-13 (NCV)

#### **HOW TO RELY ON CHRIST?**

\* **LEAN** on Christ for Stability!

*"Those who trust in the Lord are steady as Mount Zion, unmoved by any circumstance."* Psalm 125:1 (TLB)

*"You, LORD, give true peace to those who depend on you..."*  
Isaiah 26:3 (NCV)

*"Such a [person] will not be overthrown by evil circumstances. God's constant care of him will make a deep impression on all who see it. He does not fear bad news, nor live in dread of what may happen. For he is settled in his mind that [God] will take care of him."* Psalm 112:6-7 (TLB)

\* **LISTEN** to Christ for Direction!

*"... I know what I am planning for you," says the LORD. I have good plans for you, not plans to hurt you. I will give you hope and a good future."* Jeremiah 29:11 (NCV)

\* **LOOK** to Christ for Salvation!

*"God is our protection and our strength. [For] He always helps in times of trouble. So we will not be afraid even if the earth shakes, or the mountains fall into the sea."* Psalm 46:1-2 (NCV)

*"... <sup>8</sup>We were really crushed and overwhelmed, and feared we would never live through it ... <sup>9</sup>we saw how powerless we were to help ourselves; but that was good, for then we put everything into the hands of God, who alone could save us ... <sup>10</sup>And he did help us and saved us... and we expect him to do it again and again."* 2 Corinthians 1:8-10 (TLB)

