



### **RECAP:**

For many of us, ongoing pain is our present reality whether it is physical, emotional, relational, financial or some other form of pain. And sometimes it is nearly unbearable. But grief is not hopeless and it is not eternal.

In Matthew 5:4 Jesus tells us, "Happy are people who grieve, because they will be made glad."

Grief is sorrow that overwhelms your heart with pain. Good grief leads to gladness when it points to Jesus, the one who most knows our sorrow and doesn't leave us in it. The following acronym can help us practice good grief.

**G**race is sufficient for you  
**R**edeeming love will see you home  
**I**ndwelling life will strengthen you  
**E**arnest prayers protect you  
**F**aithfulness will never abandon you

### **DISCUSSION QUESTIONS:**

- Read Matthew 5:4. What does Jesus mean by grieving people "will be made glad"?
- When you have experienced grief in the past, at what point were you expected to start being "happy" again? How did that expectation feel?
- Read 2 Corinthians 12:7,9-10. Why might grace be sufficient? How can we take pleasure in our weakness?
- What do you think Jesus is doing in the moments of our greatest pain? See Romans 8:34-37
- Who are the people in your life who are grieving? What is one specific thing that you could do for them this week to show the love of Christ?
- Where are you seeing Jesus in the midst of whatever pain YOU are currently experiencing?