



How to Handle Grief in a Godly Way

PEW BIBLE
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2 SAMUEL 1

- As we go through this life, we are sure to go through some painful and devastating losses. Many times, we can't control them. But, we can determine how we _____ to them.
- Times of grief are transitional times in our lives. They can make us _____, or destroy us. Therefore, we must handle grief in a godly way. How can we do this?

G – Grant that a _____ has occurred.

R – Refuse to dwell on the painful _____.

I – Include those who want to grieve _____ you.

- One thing that is very impacting about this story is how David felt free to be able to grieve publicly. He included _____ in his grieving process. vs. 11-12
- God has designed us, as humans, to _____ each other.
- *“Be kindly affectioned one to another with brotherly love; in honour preferring one another... Rejoice with them that do rejoice, and weep with them that weep.” Romans 12:10, 15*
- *“Bear ye one another's burdens, and so fulfil the law of Christ.” Galatians 6:2*

E – Entreat the Lord – He _____.

- After David grieved, it says in 2:1 that David *“enquired of the Lord...”*
- You can go to Jesus Christ in prayer in your time of need and get help. Do you know why? Because Christ has _____ there. He understands your grief and pain.

- We have an Intercessor in heaven (Christ) Who is _____ by our grief. Hebrews 4:14-16
- You can be _____ with God about your grief. Philippians 4:6-7

F – Forge ahead with _____ as soon as possible.

- After an appropriate time to grieve, David got on with his life and engaged in the process of eventually becoming king of Israel. 2 Samuel 2:1-2
- How long is a proper grieving time before engaging in the normal activities of life again? Every person is _____ and unique.
- But, there must be a point in time when you determine to get on with your life.
- You have to move on. You have to forge ahead and begin _____ again.
- Focus on the good, cherish the positive memories, but forge ahead.