



SUNDAY FEBRUARY 28, 2021

STRENGTH FOR THE GRIEVING SEASON

*The LORD is my shepherd;  
I have all that I need.*  
<sup>2</sup> *He lets me rest in green meadows;  
he leads me beside peaceful streams.*  
<sup>3</sup> *He renews my strength.  
He guides me along right paths,  
bringing honor to his name.*  
<sup>4</sup> *Even when I walk  
through the darkest valley,  
I will not be afraid,  
for you are close beside me.  
Your rod and your staff  
protect and comfort me.*  
<sup>5</sup> *You prepare a feast for me  
in the presence of my enemies.  
You honor me by anointing my head with oil.  
My cup overflows with blessings.*  
<sup>6</sup> *Surely your goodness and unfailing love will pursue me  
all the days of my life,  
and I will live in the house of the LORD  
forever.*

**~ Psalm 23:1-6**

## STRENGTH FOR THE GRIEVING SEASON

### Three Truths to Remember During the Grieving Season:

- Loss is **inevitable**.
- Loss is **unpredictable**.
- God cares about **your loss**.

*“He heals the brokenhearted and bandages their wounds. He counts the stars and calls them all by name.” ~Psalm 147:3-4*

### HOW TO EXPERIENCE GOD’S STRENGTH DURING MY GRIEVING SEASON:

#### 1. GIVE MYSELF **PERMISSION** TO GRIEVE.

*“Even when I walk through the darkest valley...” ~ Psalm 23:4*

#### The Five Stages of Grief:

- Denial
- Anger
- Bargaining
- Depression
- Acceptance

*“In my distress I cried out to the LORD.” ~ Psalm 18:6*

#### 2. REMEMBER GOD’S **PROMISES** AS I GRIEVE.

*“He lets me **rest** in green meadows; **he leads me** beside **peaceful** streams. He **renews my strength**. He **guides me** along right paths, bringing honor to his name.”  
~ Psalm 23:2-3*

**God’s Promises for the Grieving Season:** Psalm 23, Psalm 100:5, Psalm 103:1-7  
Psalm 145:9, Isaiah 25:8, John 11:25, John 14:1-3, 1 Corinthians 15:55, 2 Corinthians 5:1, Philippians 1:21, 1 Thessalonians 4:13-18, 1 Peter 1:3-4

*Your promise revives me; it comforts me in all my troubles. <sup>51</sup> The proud hold me in utter contempt, but I do not turn away from your instructions. <sup>52</sup> I meditate on your age-old regulations; O LORD, they comfort me. ~ Psalm 119:50-52*

#### 3. INVITE OTHERS TO **WALK** WITH ME THROUGH MY GRIEF.

*“Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me.” ~ Psalm 23:3-4*

#### 4. EXCHANGE MY GRIEF FOR GOD'S PEACE.

*"You prepare a feast for me in the presence of my enemies. You honor me by anointing my head with oil. My cup overflows with blessings."* ~ **Psalm 23:5**

#### 5. FOCUS MY THOUGHTS ON HEAVEN.

##### **Memory Verse**

*"Surely your goodness and unfailing love will pursue me all the days of my life, and I will live in the house of the LORD forever."*  
~ **Psalm 23:6**

*"He will wipe every tear from their eyes, and there will be no more death or sorrow or crying or pain. All these things are gone forever."* ~ **Revelation 21:4**

##### **Next Steps**

- Memorize Psalm 23:6
- Become a follower of Jesus today
- Sign up for Growth Track today 3/18
- Sing up for the Difference Maker Seminar 3/13