

Shock

HOW TO HELP A FRIEND

1. Show up.

“When Job's three friends...heard about all the troubles that had come upon him, they set out from their homes and met together by agreement to go and sympathize with him and comfort him.” Job 2:11

2. Share their pain.

*“Then they saw him from a distance...they began to weep aloud, and they tore their robes and sprinkled dust on their heads. Then they sat on the ground with him for seven days and seven nights. No one said a word to him, because they saw how great his suffering was.”
Job 2:12-13*

3. Take the initiative.

“Whenever you possibly can, DO GOOD to those who need it.” Proverbs 3:27

WHEN YOU ARE IN SHOCK

1. Cry out to God.

Call out to me in your time of trouble and you will honor me! Ps 50:15

2. Let others help you.

One person standing alone can be attacked and defeated, but two can stand back-to-back and conquer; and having three is even better, for a triple-braided cord is not easily broken.”

3. Let others hold you.

Immediately Jesus reached out and took hold of his hand. Matt. 14:31

Sorrow

1. LOSS IS UNAVOIDABLE BUT **grief is a choice**.

There is no LIFE without change

There is no CHANGE without loss

There is no LOSS without pain, but grief is a CHOICE

2. **Grief is healthy, God grieves with me.**

“When Jesus saw Lazarus’ sister sobbing, and saw how all those with her were crying also, his heart was touched, and he was deeply moved... Then Jesus started crying. ‘See how much he loved Lazarus!’ they said.” John 11:33-36

3. **Call out to God.**

A LAMENT: a passionate expression of grief to God

An act of worship that can include complaining to God

Struggle

1. WE STRUGGLE **with others**.

Jacob struggled:

with his **brothers**

Gen 25:22, Hosea 12:3

with two **wives**

Gen. 30:1-24

with his **in laws**

Gen. 31:1-2

with his 12 **sons**

Gen. 37-50

2. WE STRUGGLE **with ourselves**.

“I don’t understand myself at all, for I really want to do what is right, but I don’t do it. Instead, I do the very thing I hate... No matter which way I turn, I can’t make myself do right. I want to, but I can’t...But there is a law at work within me that is at war with my mind.” Romans 7:15-23 (NLT)

3. OUR REAL STRUGGLE **is with God!**

“As a man Jacob struggled with God.” Hosea 12:3b

We win by **surrendering**.

“I call to the Lord for help; I plead with him. I bring all my complaints to him; I tell him my troubles. When I’m ready to give up, he knows what I should do.”

Psalm 142:1-3

Surrender

1. **Accept what cannot be changed.**

“David said, ‘I fasted and wept while the child was alive, for I thought perhaps the Lord would be gracious and let the child live. But why should I fast when he is dead? Can I bring him back again?’” 2 Sam. 12:22-23 (NLT)

2. **It is not the end of the story.**

“I will go to him one day, but he cannot return to me.” 2 Sam. 12:23b

3. **Take care of yourself.**

“Then David got up from the ground, washed himself, put on lotions, and changed his clothes.” 2 Sam. 12:20a

4. **Refocus on God through worship.**

“Then he went to the Tabernacle and worshiped the Lord.” 2 Sam. 12:20b

“I tried to understand all this, but it was too hard for me to see until I went to the Temple of God. Then I understood...” Psalm 73:16-17(NCV)

5. **Do something productive.**

“After that, he returned to the palace and ate.” 2 Sam. 12:20c

6. **Keep on loving even in your pain.**

“Then David comforted Bathsheba, his wife, and slept with her. She became pregnant and gave birth to a son, and they named him Solomon.” 2 Sam. 12:24

GET IT RIGHT

1. For we know: What do we know? Who are “we”?
2. What does God cause? A better translation is God **uses**.
3. ALL things, no other translations into English. I checked.
4. Circle one: a. immediate good, b. our personal good, **c. the good of His Kingdom.**
5. Those who love Him **call on His name, rely on Him, have daily interaction with Him, act like they know Him.**

WHAT GOD USES TO MAKE YOU LIKE JESUS

1. God uses **The Holy Spirit.**
2. God uses **The Word of God.**
3. God uses **Other people.**
4. God uses **Problems, Pressure, Pain, Suffering.**

Service

“Now, isn't it wonderful all the ways in which this distress has goaded you closer to God? You're more alive, more concerned, more sensitive, more reverent, more human, more passionate, more responsible. Looked at from any angle, you've come out of this with purity of heart.” 2 Cor. 7:11 (MSG)

God is good, God comforts, we will comfort others because of the way he comforted us!!

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