

CHAOS

calm in the

WEEK 3 - GRIEF

OVERVIEW

One of the most difficult realities of the holiday season is how quickly grief can dominate our hearts. From the loss of those we've loved, to the pain of holidays past, to the isolation which comes from grieving among those who are celebrating, this is a difficult season for those burdened by grief. To prepare our hearts for this difficult time, it is vital to remember that everyone navigates grief differently, but one thing is true for us all: the Lord is very close to those who grieve. We can turn to him to carry us through the pain we feel, and when we do, we can come to an even greater understanding of the unfathomable love of God who grieves along with us.

The LORD is close to the brokenhearted; he rescues those whose spirits are crushed.

Psalm 34:18

DISCUSSION QUESTIONS

1. Read [Matthew 26:36-46](#) (click on the scripture reference to read it online). Why did Jesus want Peter, James, and John to be with him?
2. Have you experienced grief as Maron described? Grief that leaves you in a fog and may take years to process? How did you/are you getting through it?
3. Read [Matthew 5:4](#). Maron defined the word, comforted (parakaleo), as: to call alongside, to encourage, console, comfort. What would comfort look like to you?
4. Knowing the promises in [Psalm 34:18](#) and [Psalm 121:3-5](#), that the LORD is close to the brokenhearted and never slumbers, knowing He is with you to give you courage and comfort, does this change how you might go about the grieving process?
5. What are you grieving this year?
6. Who do you know around you that is grieving, who may need you to be Jesus to them?
7. What advice would you give someone who is grieving or someone who wants to help a friend who is grieving?

RESOURCES

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