



B E C O M I N G
**Emotionally
Healthy**

WEEK FIVE:

**TREASURES
IN
GRIEF**

John 11:17-35

SERIES BIG IDEA:

Spiritual maturity is having a healthy relationship with God, myself, and others.

Emotional health and spiritual maturity are inseparable. It is impossible to be spiritually mature while remaining emotionally immature.
Pete Scazzero, Emotionally Healthy Discipleship (p.138)

Mourning: An expression of grief, usually short term.

Grieving: Long-term process of dealing with loss.

- **Grieving is hard.**
- **Grieving is a part of all lives.**

4 BIBLICAL CONSTANTS ABOUT GRIEF:

- **We must go through grief. (Matthew 5:4)**
- **God is with us in our grieving. (Psalm 34:18; Psalm 23:4; Isaiah 53:4)**
- **God helps the grieving. (Psalm 56:8; Psalm 30:11)**
- **Grieving will end. (Revelation 21:4; Romans 8:18)**

3 TREASURES UNCOVERED IN GRIEF:

- **Comforting presence of others.**

On his arrival, Jesus found that Lazarus had already been in the tomb for four days. Bethany was less than two miles from Jerusalem, and many Jews had come to Martha and Mary to comfort them in the loss of their brother.

John 11:17-19

- **Comforting truth of scripture.**

When Martha heard that Jesus was coming, she went out to meet him, but Mary stayed at home. "Lord," Martha said to Jesus, "if you had been here my brother would not have died. But I know that even now God will give you whatever you ask." Jesus answered her, "Your brother will rise again." Martha answered, "I know he will rise again in the resurrection at the last day." Jesus said to her, "I am the resurrection and the life. He who believes in me will live, even though he dies; and whoever lives and believes in me will never die. Do you believe this?" "Yes, Lord," she told him, "I believe that you are the Christ, the Son of God, who has come into the world."

John 11:20-28

- **Comforting Savior.**

When Jesus saw her weeping, and the Jews who had come along with her also weeping, he was deeply moved in spirit and troubled. "Where have you laid him?" He asked "Come and see, Lord" they replied. Jesus wept.

John 11:33-35

TEACHING BIG IDEA:

I will uncover the gift of God's comfort buried in my grief.

WEEK FIVE:

TREASURES IN GRIEF



B E C O M I N G Emotionally Healthy

God does the healing work in us so that He can do healing work through us.

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God.

2 Corinthians 1:3-4

NEXT STEPS

- Confess your grief to God
- Join a support group

MY NOTES



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TEXT FOR PRAYER: (913) 297-9707

WAYS TO GIVE:

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westsideleavenworth.com/givenow
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TEACHING SUMMARY:

Grief is inevitable. Scripture tells us that in this world we will have troubles and that the rain falls on the just and the unjust. We will face times of the deep grief of loss. It can be overwhelming to face that prospect alone.

We have a choice to make. We can face grief under our own power, or we can find comfort and strength in Jesus. If we choose Jesus, we will find that He is with us in our grief. We will receive His help in grief. We will find that in Him grief has an end. Jesus provides comfort through the presence of others who are connected to Jesus, the truth of Scripture, and through His presences as our loving Savior.

So lean into Jesus. Let Him be your comfort. In time you may find that not only will he work in you but he can also provide comfort through you in the lives of others.

TALK-IT-OVER:

When have you experienced comfort in the middle of a difficult season of grief?

Why is it often hard to reach out to others when we are feeling the deep hurt of loss?

Is there something that in your life you have yet to grieve?

What is keeping you from taking that to Jesus?

What is one next step you need to take today? Who do you need to tell about it?

DAILY SCRIPTURE READING:

Day 1) Philippians 4:6-7

Day 2) Psalm 10:13-14

Day 3) Psalm 71:20-22

Day 4) 2 Corinthians 1:3-7

Day 5) Psalm 119:75-77

Day 6) John 14:1-3