

# NOT ALONE

## Will It Ever Stop Hurting? (Isaiah 53)

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**Ice Breaker:** Would you rather have a 1-minute conversation with your past self or your future self?

### Week 7 - Discussion Guide

When we are experiencing grief, we can feel like the bottom of that slinky that doesn't move while the rest of it is wobbling around - the only way we can understand the world around us is through that grief. This isn't just true for grief, but with grief and suffering, the lense through which we see the world is darkly tinted. The story of the people of God, from Genesis 3 through Revelation 20 is a story of grief and suffering and God's intervention to rescue us.

### Experiencing Grief

1. Have you seen a good example of someone who grieved well? Share an example.
2. We often think of grief as someone we love dying. What are other ways you've experienced grief?
3. Bill mentioned that Israel's story of grief is really God's story of grief. How did that idea hit you?
4. In your own story of grief- how has your own experiences of grieving made you less likely to notice that others around you are also grieving?
5. When is a time you've experienced grief?
6. How has your grief come out in other forms (resentment, sense of brokenness, misplaced anger towards others)?
7. Read Romans 8:18-27 and reflect on its connection with our grief.

### Dealing With Grief

1. What are some ways society tells us to deal with grief?
2. In what ways have you avoided grieving?
3. What are some things you put in the place of God when you are grieving?
4. Have you ever felt like God doesn't care? How does grief and suffering influence your relationship with God?
5. What are some examples of Jesus grieving?
6. Are you willing to give your grief to God? Are you willing to try to get up and recognize what God has done with you?
7. Do you have people in your life who you can be honest about your grief with?

### Read

Read Psalm 77 out loud together.

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### Love Where You Live

Pray for someone you know who is working through grief. Ask God for relief, for comfort, and for companionship for that person, and to show them that they are not alone.