

1. Significant events

2. Impact on Family

“If one member suffers, all suffer together.” (1 Corinthians 12:26)

3. In the Valley

“He was despised and rejected by men; a man of sorrows, and acquainted with grief.” (Isa. 53:3)

4. Valleys are Normal “Beloved, do not be surprised” (1 Peter 4:12)

God does not exempt us from suffering, but transforms us in it.

5. Alone in Egypt

Denial We are in a state of shock. We go numb.

Anger Has no limits. Extend to friends, family, yourself and to God.

Bargaining A maze of “If only” or “What if” statements. Life returned to normal.

Depression Grief is a process of healing, and depression is one of the steps.

Acceptance Acknowledging the new reality is the permanent reality. New norm.

6. Burdens

“Surely he has borne our griefs and carried our sorrows.” (Isaiah 53:4)

“Cast your burden upon the LORD, and he will sustain you.” (Psalms 55:22)

“Bear one another’s burdens, and so fulfill the law of Christ.” (Galatians 6:2)

7. Best Promise in the Bible

8. Jesus Weeps

9. Redemption: “We know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.” (Romans 8:28 NLT)

10. A Whole New Group of People

11. Life from John’s perspective

12. Hope

“The steadfast love of the LORD never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness. ‘The LORD is my portion,’ says my soul, ‘therefore I will hope in him.’” (Lamentations 3:22–24)

13. Blessed are they that mourn

Spirit of Celebration