



4. Getting Through Life's Losses

I. The Wilderness Brings Loss

1. _____

"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

2. _____

"The Lord is CLOSE to the brokenhearted and saves those who are crushed in spirit."
--Psalm 34:18

3. _____

"Carry each other's burdens, and in this way you will fulfill the law of Christ."
--Galatians 6:2

"When others are happy, be happy with them. If they are sad, share their sorrow."
--Romans 12:15

4. _____

"There is a time for everything, and A SEASON for every activity under heaven... a time to WEEP and a time to laugh, a time to MOURN and a time to dance."
--Ecclesiastes 3:1,4

II. STEPS FORWARD

"Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me." --
Psalm 23:4

Go deeper- what did you really lose... (not just obvious)
.. having an alcoholic dad ...laid off... parents divorced.. moving often

Another TOOL: Questions to ask yourself
Lose: Security... Identity... Encouragement... Stability? Trust?

*"O LORD, God of my salvation,
at night, when I cry out before you,
let my prayer come before you;
incline your ear to my cry."*
--Psalm 88:1-2

Examples: Psalms of Lament
Psalm 3-7,9,10,12-14,17,22,25-28,31,35,36,
38,39,41-44,51-61,64,70,71,74,77,79,
80,82,83,85,86,88,90, 94,102,109,
137,139-143,145