

# Take Heart

February 26, 2023 | Dana Williams

**WARM UP QUESTIONS:** When you feel grief, what areas of your life does it affect?

**READ:** Psalm 3

**FOCUS:** Take Heart! God comforts and sustains us in our grief as we talk to Him and to one another.

**OBSERVE:**

Talk through Grief

- Along with despair and pain, David also expressed faith and hope. In grief, like the Psalmist, we must talk about what we are feeling, even if the feelings are all mixed up and complicated.
- David's faith was established before this time of loss and grief, so he went to God in his time of loss and grief. He knew God through spending time with God in worship and praise and through the stories of God.
- This doesn't mean that someone with faith, like David, doesn't get angry at God or have questions or have a hard time praying. It just means that if we have had a relationship with God before a time of grief, it is likely that we will rely on that relationship during grief.
- David's outpouring through the Psalm was not a private affair; he was addressing others. We also must pour out to others in Christian communities.
- "In this world, you will have trouble. But take heart! I have overcome the world." (John 16:33b). We will have trouble- Christ came as a man and experienced all the troubles we experience. The Bible tells us Jesus was a "man of suffering and familiar with pain" (Isaiah 53:3). He grieved leaving heaven and coming to the earth with the mission of dying for us. He knew He was headed to the cross, this was His mission. We can think that Jesus must have carried a sorrow like that around His entire life, knowing He would give up his life and be crucified on the cross for us. He was a man of suffering.

**TAKING ACTION:**

- Identify a space where you can share your life and pursue the people in that space actively, whether that is sharing your love or encouragement or asking for help.
- Consider which outlet of talking through your grief you have not utilized and make room on your calendar to express grief in the ways you need to, talking to God, talking to others, talking to professional counselors or ministers.

**REFLECT:**

- What are some of the positive ways that you have handled grief? What are some negative ways?
- Through the history of your life, have you identified what helps you best when you are grieving? What helps? If not, take a moment to think through what relational, physical or emotional needs you might have in a season of grief.

**PRAY:** Dear Lord, thank You for your great love for us in every season and through every hardship. We ask for Your grace to talk through our grief and other emotions. Thank You for being faithfully available to us. We love You, and we pour out our hearts to You; please come and comfort us. In Jesus' name, we pray. Amen.

