

blessed

september 17/18

talk **IT** over
BROKENNESS

looking AT

Talk about the following verse as a group and how it applies to your individual lives: *“God blesses those who mourn, for they will be comforted.”* MATTHEW 5:4

looking IN

- ▶ God draws the broken-hearted close to him and God grieves with us when we mourn. Often times, grief is the only logical response to losses in life, whether we're undergoing a loss of health, divorce, tarnished reputation, or death of a loved one. Express a time in your life when you experienced grief in brokenness.
- ▶ Now consider a time when, in your brokenness, God comforted you. Share a time when you experienced God in a profound way during your most heart-breaking time.
- ▶ As you look back at God's comfort, unpack what the process looked like for you when you allowed God in to begin to heal your broken heart.

looking AT

Talk about the following verse as a group and how this verse applies to your lives: *“So in Christ we, though many, form one body, and each member belongs to all the others...Be devoted to each other like a loving family...Rejoice with those who rejoice; mourn with those who mourn.”* ROMANS 12:5,10,15 [NIV/GW]

looking IN

God can use our experiences to transform us. Our greatest hurts can lead to our greatest contributions to others.
Share your responses with the group:

- ▶ How does God use grief to help us grow? Share how you've grown in your times of trouble.
- ▶ We weren't meant to grieve alone. Share a time when you grieved alone in your brokenness. Express a time when you allowed others in during your time of brokenness. How can you remove the barriers that keep others from helping you during your times of sorrow?

looking AROUND

Our lives are better together.
Brainstorm the following questions as a group:

- ▶ What unhealthy ideas has our culture taught us about how to handle a loss or how to expect others to get over a loss that keep us from mourning in a healthy way?
- ▶ What are some healthy ways we can comfort and support each other? *Unpack some practical ways we could reach out and help others in their time of need.*

looking UP

Pair up with two others in your group. Pray, allowing God into an area of your brokenness. Ask God to remind you that not only do we have hope right now, but we have the hope of living forever with Him.

looking OUT

Ask God this week to show you one person in need to reach out and comfort.

QUESTIONS?

**CONTACT OUR PASTOR OF SPIRITUAL GROWTH
JEANNE MOORE AT [JMOORE@VCCINDY.ORG](mailto:jmoore@vccindy.org).**