

Haunted By Your Past? #4

“Don’t Be Gripped by Grief”

selected Scriptures

Grief is the painful emotion of s _____ caused by the loss or impending loss of anyone or anything with deep meaning to you.

Common Characteristics of Grief

Whenever a part of life is l ____ or t ____ a ____, there can be grief. Grief brings physical effects because it puts s _____ on the body. Grief affects both how a person f _____ and how one t _____, sometimes leading to a _____ or p _____ attacks. Symptoms of grief come in w _____, sometimes out of nowhere. Grief causes social effects by causing w _____ from others. Grief causes spiritual effects as some struggle with q _____. Psalm 34:18 - “The Lord is close to the b _____ and saves those who are c _____ in spirit.”

Complicating Challenges to Grief

Complicated grief happens when grief is d _____, i _____, d _____, or never e _____. Unhealthy responses to loss may d _____ the healing process.

Constructive Coping with Grief

We must deal with grief h _____, not minimizing its trauma. 1 Thessalonians 4:13-18 - We grieve but not as those without h _____. 2 Corinthians 1:3-4 - God c _____ us to c _____ others. Allow t _____ to give us h _____. Express it o _____. Allow t _____ to give us h _____. Don’t r _____ the process. Allow t _____ to give us h _____. We will s _____ them some day.

Word Search - Psalm 34:15-22

D S P B C R U S H E D F O E S
 S A R R R C U U Y R C S R A E
 P V O O F E C S E P E P H H D
 I E T K S L D F T S B T R E T
 R S E E S U U E O N R O N T F
 I R C N U G F H E O A M N A T
 T E T H E C T K U M E V T E A
 H V S E Y A L B M D S T R H S
 E I E A T E L O N E E M T E B
 C L K R P E A O S N M M A R S
 A E A T S E C R T E E O O N S
 F D T E L I V I T H V K R I Y
 C N Y D A H V I T H E V G Y V
 A E H I Y E Y M L N H E A R S
 S S U O E T H G I R G T F L S

ATTENTIVE	EVIL	RIGHTEOUS
BONES	EYES	SAVES
BROKEN	FACE	SERVANTS
BROKENHEARTED	FOES	SLAY
CLOSE	HEARS	SPIRIT
CONDEMNED	MANY	TAKES
CRUSHED	MEMORY	THEM
DELIVERS	PROTECTS	THOSE
EARS	REDEEMS	TROUBLES
EARTH	REFUGE	

