



Study Notes – July 16, 2023

**“How to Deal with Grief and Help the Grieving”
Text: Selected verses**

1. What is sorrow/grief? What it is not? (2 Co 7:9-10)
2. Who sorrows and grieves and why?
 - A. God does. (Ge 6:6, Ps 95:10; Ep 4:30)
 - B. Christ does. (Is 53:3-5,10; Jn 11:33,35,38; Luke 19:41-44)
 - C. All humanity sorrows and grieves, Christians too.
3. How should we sorrow? (1 Th 4:13; Ro 12:15-16a)
4. How to deal with grief and help the grieving in a Christ-centered way (2 Co 1:3-7, Job 1:11-13)