March 14, 2026

Week Five – Fresh Grief Fresh Glory

When facing grief, how can we spiral up instead of down?

1. Mourn specifically and _____
   - *What haven't you lost? Cherish it.*
   - *What can't you lose? Look forward to it*
   - *What have you lost? Grieve it*

2. Deal with yourself _____
   We need to give ourselves grace in grief

3. Be vulnerable with _____

"Confess your trespasses to on another, that you maybe healed. The effective, fervent prayer of a righteous man avails much."
James 5:16

4. Talk to God _____

"Give all your worries and cares to God, for He cares for you."
1 Peter 5:17

5. Share what you learn _____

6. Interpret the struggle _____

7. Store your eggs _____
   Don't keep all your eggs in the basket of this life.
   Store them in eternity!

Discussion Questions

1. What part of this week's message impacted you the most?

2. Of the seven points Heather made (on page 1) which one is the most challenging for you? Why?

3. Heather said, "The deeper the pit of our pain, the more room there is fill with His presence." Where do you need God's presence today?

4. How can you lean on God's presence and strength this week instead of your own?