

Finding Peace

“Jesus Wept.”

John 11:35



Get to know YOU: When is the last time you had a “good cry”?

1. Have you ever lost someone in your close family or friendship circle who has died? Was the death expected (e.g. due to age or long-term illness) or unexpected/sudden? Who or what helped you to process your grief? What impact did this have upon your faith journey?
2. Often people give platitudes (a remark or statement, especially one with a moral content, that has been used to often to be thoughtful). An example of this would be, “They are in a better place now;” or “At least their suffering is over.” While these may be true, they can be unhelpful. Why do you think this is? What is the best way to come alongside others who are grieving?
3. In Genesis, we read the account of the Fall of Man. Read the warning in Genesis 2:15-17, then read Genesis 3:1-7. Here we see God’s enemy contradicting God’s directive causing doubt in the mind of Eve & Adam. When we go through grief, we are tempted to doubt God’s goodness—this is an example of what spiritual warfare looks like. In what ways have you been tempted to doubt God’s goodness when experiencing or witnessing difficult times?

3. When you read of the curse that was passed upon mankind in Genesis 3:8-24, we see that there was much more at stake than just death when Adam and Eve chose to disobey God. Make a list of all the things that changed and were lost in The Fall. Now read Genesis 6:6, where we see God, himself grieving. What causes God to 'grieve'? (For additional insight, consider Ephesians 4:17-32)
4. Read the account of Lazarus in John 11:1-44. Discuss. What emotions did Jesus experience? Some Theologians think Jesus wept because of his disappointment in people's understanding/lack of faith. Others say he was grieved at the reality of the impact of the curse and death. What do you think?
5. Read Psalms 23 and 48:14. What concerns or challenges are addressed by Psalms 23? (i.e. needs, stress, weakness, hard relationships, fear, etc.) Why does seeing God as our guide through life's difficulties give us peace and hope?
6. One of the keys to Finding Peace when our hearts are broken is remembering Jesus' words in the sermon on the Mount in Matthew 5:4, coupled with Ecclesiastes 3:1-4. Read these verses. How do we find comfort in God during sad times? How does remembering that everything has a season, time and purpose help us keep going even when our sense of loss is great?