



## WEEKLY STUDY

### Week Four

We continue the focus on what it means to live out this command and promise from Jesus. Jesus said, “in this world you will have trouble. But take heart. I have overcome the world.” (John 16.33) This week, Pastor Angela taught about overcoming grief.

If you are studying with your Providence Small Group, you can share from daily readings as well as the additional question at the bottom of this guide. If you would like to get connected to a Providence Small Group visit [prov.church/smallgroups](http://prov.church/smallgroups).

Find a time each day to read the passage of scripture, follow the daily prayer prompt, and then pray this or your own prayer.

*God, we are well acquainted with grief and loss.  
Yet we often run from them.  
Sometimes we cover them up with unhealthy things.  
Help us to face our fear and grief.  
Help us to find joy, peace and an abiding belief in you.  
You have overcome the world.  
Amen.*

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### DAILY STUDY

#### MONDAY: JOHN 16.17-20

*At this, some of his disciples said to one another, “What does he mean by saying, ‘In a little while you will see me no more, and then after a little while you will see me,’ and ‘Because I am going to the Father’?”<sup>18</sup> They kept asking, “What does he mean by ‘a little while’? We don’t understand what he is saying.”*

<sup>19</sup> *Jesus saw that they wanted to ask him about this, so he said to them, “Are you asking one another what I meant when I said, ‘In a little while you will see me no more, and then after a little while you will see me’?”<sup>20</sup> Very truly I tell you, you will weep and mourn while the world rejoices. You will grieve, but your grief will turn to joy.*

- Jesus told his followers that they would feel at odds with the sentiment of the world at times. While the world seems to be rejoicing, you may sense a deep sadness at the state of things. Have you ever had the experience Jesus was talking about? Have you ever seen that grief turn to joy?

- *Pray for an abiding awareness that grief can point to something good. That there is joy waiting for you.*

## **TUESDAY: JOHN 14.1-3**

*“Do not let your hearts be troubled. You believe in God; believe also in me. <sup>2</sup> My Father’s house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you? <sup>3</sup> And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am.*

- Jesus says these words to his disciples knowing that his own time of trouble is coming. The impending agony of the cross does not keep him from preparing his followers for the resurrection-life that is to come. Jesus wants us to be with him in the place he prepares for us that is free from the trouble of this world.
- *Thank Jesus for his promised return and his promised rescue from troubled hearts.*

## **WEDNESDAY: ISAIAH 53.3-5**

*He was despised and rejected by mankind,  
a man of suffering, and familiar with pain.  
Like one from whom people hide their faces  
he was despised, and we held him in low esteem.*

<sup>4</sup> *Surely he took up our pain  
and bore our suffering,  
yet we considered him punished by God,  
stricken by him, and afflicted.*

<sup>5</sup> *But he was pierced for our transgressions,  
he was crushed for our iniquities;  
the punishment that brought us peace was on him,  
and by his wounds we are healed.*

- The prophet Isaiah recorded these words about the coming Messiah. He didn’t know his name, but he knew his role—to take on our pain and suffering. His pain and grief made way for our peace. Is it hard to think of Jesus in this way—despised, a man of suffering, held in low esteem?
- *Pray through the image of Jesus as a suffering servant. See how his pain and grief sounds like yours. Offer your own grief up to God and ask for the peace that passes all understanding.*

## **THURSDAY: PSALM 119.25-28**

*I am laid low in the dust;  
preserve my life according to your word.*

<sup>26</sup> *I gave an account of my ways and you answered me;  
teach me your decrees.*

<sup>27</sup> *Cause me to understand the way of your precepts,  
that I may meditate on your wonderful deeds.*

<sup>28</sup> *My soul is weary with sorrow;  
strengthen me according to your word.*

- The Psalmist writes about a weary soul and asks for strength and preservation. At what moments in your life has your soul felt weary? How do you relate to these words? The writer puts a lot of hope in God’s word. How can God’s word bring salvation from grief?

- *Pray for strength and perseverance. Add this line to all of your requests to God today—"...according to your word."*

## **FRIDAY: PSALM 126.5-6**

*Those who sow with tears  
will reap with songs of joy.*

*<sup>6</sup> Those who go out weeping,  
carrying seed to sow,  
will return with songs of joy,  
carrying sheaves with them.*

- Pastor Angela said that tears are like seeds planted in the soil. Tears are like distress signals that find their way out and produce compassion and empathy from the people God has placed in our life. What is your relationship with tears? Do you try to hide them? Do you see them as a sign of weakness? Have you ever seen tears lead to joy?
- *Pray with songs of joy for the tears that you have shed in your lifetime. Thank God for the healing they have brought.*

## **SATURDAY: MATTHEW 26.36-38**

*Then Jesus went with his disciples to a place called Gethsemane, and he said to them, "Sit here while I go over there and pray."<sup>37</sup> He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled.<sup>38</sup> Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me."*

- It can be strange to realize that the Son of God—through whom all things were created, and in whom all power rests—was brought to tears. He felt sorrow and a troubled heart. His source of trouble was the state of the world around him. What about the world in which you live brings trouble to your heart? What do you do with that burden? Jesus asked his disciples to keep watch and pray while waiting for his victory.
- *Pray for the world around you. Pray for a watchful heart that mourns the brokenness of the world. Offer it all to Jesus.*

## **SMALL GROUP DISCUSSION**

Pastor Angela told us that grief can push us to disbelief, sorrow, anger, and fear. Think through a time of deep grief in your life. How were these feelings evident? How did God help you to overcome them?