

Dealing With Grief

Psalm 116:1-9

We have all known grief and sorrow. We have all lost loved ones that we held dear and now greatly miss. Let's look at Psalm 116:1-9 and see what lessons that we can learn from these verses.

In verse 3 we see that the Psalmist knows what it feels like to have lost a loved one. He says...

"The pains of _____ surrounded me. And the pangs of Sheol laid hold of me; I found _____ and _____."

Verse 4; *Then I _____ of the Lord; O Lord, I implore You, deliver my soul."*

Lesson # 1: _____

List other passages that talk about prayer.

Verses 5-6; *"Gracious is the Lord, and righteous; Yes, our God is _____ . The Lord _____ the simple; I was brought low, and He _____ me."*

Lesson # 2: _____

List other passages that talk about God's power to help us.

Verses 7-8; *"Return to your rest, O my soul, For the Lord has dealt _____ with you. For You have delivered my soul from death, My eyes from _____ , and my feet from _____ ."*

Lesson # 3; _____

List other passages that talk about God's comfort.

Verse 9; *"I will walk _____ the Lord, in the land of the
_____."*

Lesson # 4; _____

List other passages that deal with living for God.

REVIEW

What are the lessons we learned about how to deal with grief?

#1. _____

#2. _____

#3. _____

#4. _____

**Will You Allow God
Into Your Life To
Bless and Comfort
You?**