

IN THE SHADOW OF THE VALLEY OF DEATH Psalm 23:4

CONNECT

1. Grief can be defined as sorrow for searing loss, particularly loss to death of a loved one. Take time with those around you and share about a situation in your life that has created sorrow and grief. Where are you in that journey? It may be helpful to give attention to the challenges brought on by COVID-19 and the reframing of life's rhythms or the traumas surrounding the death of George Floyd and the events since his death.

CELEBRATE

2. Read 1 Thessalonians 4:13. What does it mean to grieve, but not like those who have no hope? Consider 1 Corinthians 15:50–58 for additional insight. From each of these passages, how might you articulate the gospel and resting in its power?
3. The Bible is full of promises about the comfort God gives when we are filled with sorrow. What are some of the passages regarding God's comfort that have proven most meaningful to you and why? Share these passages with those around you. Perhaps Psalm 23:4 could be a helpful starting point.
4. Carefully read through Joshua 1:1–9. Knowing that the background of this passage is grief (Moses, Joshua's mentor, has died) and responsibility (Joshua, despite his grief, faces growing responsibilities), what is the prevailing truth that confronts Joshua? How might this truth work itself into your life when you are feeling the weight of sorrow and responsibility? Also see Jesus' words in the last part of Matthew 28:20.

CONTRIBUTE

5. 2 Corinthians 1:3–5 makes the case that our own sorrows can be used "to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God." Who in your life at this moment could benefit from your ministry of comfort—the comfort that God has given to you in your own sorrows? What steps can you take to connect with those God brings to your mind?
6. To process grief further with God's wisdom and care, check out Pastor Matthew's message, [Those Who Mourn](#) (September 29, 2019), from our recent series through the Sermon on the Mount.