

Take Heart: Part 5

Pastor Greg Surratt

What To Do When You Lose A Friend

Read:

John 11:23-37, 1 Corinthians 15:24-26

Reflect

Through tears, we celebrate Pastor Darrin Patrick's life and the legacy he leaves behind. Seacoast will be feeling this passing of a dear friend for a long time. Pastor Greg Surratt shares about his friendship with Pastor Darrin, and gives us three ways to process grief when we lose a friend.

What To Do When You Lose A Friend

1. KNOW THAT GOD WEEPS WHEN WE HURT

- a. Jesus began to weep when he heard of Lazarus' death. Why do you think he had this emotional reaction when he already knew the end of the story?
- b. In that day, a 30-day mourning process began after the funeral. What does your grieving process look like?
- c. What are some ways you allow space for God to help you process grief?

2. LEARN TO FOCUS YOUR ANGER IN THE RIGHT PLACE

- a. Martha and Mary were seemingly angry about the death of Lazarus. Jesus even became angry over the situation. Why would Jesus become angry?
- b. Below are normal reactions during grief. What can we do to keep these reactions from hardening our hearts? John 8:32
 - Anger is one of the predictable stages of grief (Kubler/Ross)
 1. Denial and isolation
 2. Anger
 3. Bargaining and guilt
 4. Sadness and depression
 5. Acceptance
 - c. Read 1 Corinthians 15:24-26. Why is death an enemy?

3. REMEMBER THAT DEATH IS NOT THE FINAL WORD

- a. In John 11:23-26 Martha is upset. Jesus explains to her that her brother will rise again. Why does Jesus ask Martha if she believes his words?
- b. How can we trust God with our grief?
- c. Why is surrendering our grief over to God important to growing our faith?