

# DISCUSSION GUIDE

*GOD'S SOLUTION TO YOUR SORROW*

The Gospel of John — Week 61

John 20:1-18

**ICEBREAKER:** What's one of your hobbies?

**OVERVIEW:** There is a difference between the normal grieving process, and a spirit of grief. When some people experience loss or heartbreak, they go through a normal grieving process. They experience sorrow, they cry, but eventually they bounce back to a healthy, happy, productive life. But when others experience grief, they never come out of it. That's the spirit of grief. Sorrow dominates their life. The devil uses grief to keep them in depression. They can't function. Grief can ruin lives, relationships, marriages, careers, and futures. In this study we will go deeper with how to handle grief in a healthy, godly way.

1. What insight, principle, or observation from this weekend's message did you find to be the most helpful, eye-opening, or troubling? Explain. (Or what was your key takeaway from Sunday's message?)
2. When was the last time you experienced grief?
3. What do you do to cope with grief?
4. What circumstances in life can lead to grief?
5. Does faithful Christianity require you to walk around all day with a smile on your face while constantly chanting, "Praise the Lord"? Explain.

6. Read 2 Corinthians 1:3-7.
  - a. Why is God called "the Father of mercies and the God of all comfort"?
  - b. How does it make you feel to know that this is God's character?
  - c. How does God comfort us in our affliction?
  - d. Why does God comfort us?
  - e. How can we comfort others in their affliction?
7. In John 20:1-18, Mary Magdalene experienced sorrow when she saw the empty tomb. What can we learn about dealing with grief from this story?
8. One thing we can do to handle grief is to focus on God's promises. What are some of God's promises that can encourage us during times of grief?
9. How can we find comfort when we lose a loved one who was a believer?
10. How can we find comfort when we lose a loved one who was an unbeliever?

**The Last Word:** God wants to take your life's greatest sorrow and turn it into your life's greatest message.

