
❖SERMON NOTES ❖

Sunday, May 31, 2020

“GETTING THROUGH WHAT YOU’RE GOING THROUGH”

(Matthew 11:28-30)

Because of the reality of our current circumstances, it’s pretty safe to say that we are all experiencing, or have experienced, some type of grief. God is not silent in our times of grief, no matter what type of loss we are grieving. He wants us to know of His presence, His love, and His power as we get through what we are going through.

Definition of Grief: the **normal and natural** emotional reaction to **loss or change of any kind**.

Grief...

...is not **predictable**

...does not work on a **timetable**

...impacts everyone **differently**

Getting through it...

Feel what you feel

John 11:35, Luke 19:41

Run to, not from, God and His comfort

Psalm 23:4, Psalm 55:22

Beware of the traps

Proverbs 3:5-6, John 10:10

Be thankful

Romans 8:18, Psalm 106:1

Use your journey to encourage others on their journey

2 Corinthians 1:3-4