GROUP DISCUSSION GUIDE

November 6, 2022

THROUGH THE VALLEY
The Sting of Sorrow
Psalm 23, Matthew 5:4
Pastor Chris Amdahl
Chris.Amdahl@crossroadsabc.com

NOTES

Looking back at your notes from this week's message, was there anything you heard for the first time, stuck with you, challenged or confused you?

What is the one important thing you will take away from this weekend's message or our community group discussion? Is there any challenge, difficulty or praise that you would like to share with the group for prayer?

1. Open with prayer. (2-5 min)
2. Read Psalm 23 & Matthew 5:4.
3. Discuss these questions with your group. (20-45 min)

MY STORY | Vulnerability

Name a significant loss in your life from which you've been healed. Tell us what the grieving process looked like for you.

DIGGING DEEPER | Practical Biblical Application

Even though I walk through the valley of the shadow of death,
I will fear no evil,
for you are with me;
your rod and your staff,
they comfort me.
(Psalm 23:4)

Name three godly people in the Bible who experienced significant losses in their lives.

Why do you think God sometimes allows devoted followers to go through the valley of the shadow of death?

At what point in the grieving process do we eventually experience comfort? What do we have to do to get there?

GROWING TOGETHER | Spiritual Friendship

Blessed are those who mourn, for they shall be comforted.
(Matthew 5:4)

Why do some people feel like they need to rush through the grieving process? What generally happens if they try to go too fast?

Why is it possible to maintain a deep sense of well-being in Christ, even while you're grieving?

MOVING OUTWARD | Faith in Action

According to Pastor Chris, the first step in grieving is being very specific about what you lost. Start making a list of those losses this week, and walk your way through the mourning process for each of them.

Be ready to walk with someone soon who will be grieving a significant loss and will be comforted by your presence.

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