



Senior Pastor: Kevin Flannery

““Loving Those Who Are Living in the Valley of the Shadow of Death.”

Job 6: 26

**I. Family Ice breaker: Questions?!**

- Bring up with your kid(s) the subject of loss and grief (loss of a loved one, a pet, a friend when you moved far away etc.) Ask about their feelings/thoughts. Help them verbalize them, if needed.

**II. Read the following scripture passage from today's sermon together:**

<sup>26</sup> Do you mean to correct what I say,  
and treat my desperate words as wind? **Job 6:26**

<sup>20</sup> “Don’t call me Naomi,” she told them. “Call me Mara, because the Almighty has made my life very bitter. <sup>21</sup> I went away full, but the LORD has brought me back empty. Why call me Naomi? The LORD has afflicted me; the Almighty has brought misfortune upon me.” **Ruth 1:20-21**

<sup>1</sup> LORD, you are the God who saves me; day and night I cry out to you.

<sup>2</sup> May my prayer come before you; turn your ear to my cry.

<sup>3</sup> I am overwhelmed with troubles and my life draws near to death.

<sup>6</sup> You have put me in the lowest pit, in the darkest depths.

<sup>9</sup> my eyes are dim with grief.

I call to you, LORD, every day; I spread out my hands to you.

<sup>14</sup> Why, LORD, do you reject me and hide your face from me?

<sup>18</sup> You have taken from me friend and neighbor—

darkness is my closest friend. **Psalms 88**

**III. Questions & Applications for Discussion with your kids:**

- A. As you read the Scriptures, what stood out to you from these passages?
- B. Pastor Kevin said that “It’s okay to wail from a broken heart. It is okay to express raw pain. It’s okay to grieve with dark (sadness, anger, guilt, fear, judgment...) emotions.”
- Why is it ok for a Christian to express his/her pain?
  - What is the danger in our relationship with God and others of hiding or denying our grief?

We all experience pain and even suffering at some point in our lives. Our natural reaction is to avoid it, try to get rid of it, or do not talk about it/ignore it. While everyone processes loss/grief differently & age-appropriate, kids need to know they are not alone; it is OK to ask for help; it is OK to express fear, anger, loneliness, etc. They should understand that grief is a family matter, that they can trust the adults in their life (*in most circumstances*) and, most importantly, God!

- C. In the Book of Lamentations, it pictures a man of God puzzling over the results of evil/suffering in the world. This man is at his wits end with God. Read Lamentations 3: 4-18 and discuss this man’s reaction to God in his suffering.



- <sup>4</sup> He has made my skin and my flesh grow old and has broken my bones.  
<sup>5</sup> He has besieged me and surrounded me with bitterness and hardship.  
<sup>6</sup> He has made me dwell in darkness like those long dead.  
<sup>7</sup> He has walled me in so I cannot escape; he has weighed me down with chains.  
<sup>8</sup> Even when I call out or cry for help, he shuts out my prayer.  
<sup>9</sup> He has barred my way with blocks of stone; he has made my paths crooked.  
<sup>10</sup> Like a bear lying in wait, like a lion in hiding,  
<sup>11</sup> he dragged me from the path and mangled me and left me without help.  
<sup>12</sup> He drew his bow and made me the target for his arrows.  
<sup>13</sup> He pierced my heart with arrows from his quiver.  
<sup>14</sup> I became the laughingstock of all my people; they mock me in song all day long.  
<sup>15</sup> He has filled me with bitter herbs and given me gall to drink.  
<sup>16</sup> He has broken my teeth with gravel; he has trampled me in the dust.  
<sup>17</sup> I have been deprived of peace; I have forgotten what prosperity is.  
<sup>18</sup> So I say, "My splendor is gone and all that I had hoped from the LORD." - **Lamentations 3:4-18**

D. The Bible is full of examples of followers of God who express their emotions and speak of what grief feels like.

There are even strong/solid Christians who sometimes say things in grief that are jarring! Examples given:

- **Martin Luther – "Love God? Sometimes I hate Him!"**
- **C.S. Lewis – "The death of a beloved is an amputation. Talk to me about the truth of religion and I'll listen gladly. Talk to me about the duty of religion and I'll listen submissively. But don't come talking to me about the consolations of religion or I shall suspect you don't understand."**
- **Job- <sup>24</sup> "Teach me, and I will be quiet; show me where I have been wrong.  
<sup>25</sup> How painful are honest words!  
But what do your arguments prove?  
<sup>26</sup> Do you mean to correct what I say,  
and treat my desperate words as wind?" - Job 6:24-26**

E. How do the following verses from the gospel of Matthew help you care for those in pain?

<sup>4</sup> **Blessed are those who mourn,  
for they will be comforted. Matthew 5:4**

<sup>20</sup> **A bruised reed he will not break,  
and a smoldering wick he will not snuff out,  
till he has brought justice through to victory. Matthew 12:20**

**PRAY:** Take time to pray together for a personal loss and for others you may know that are going through grief and loss.

**Resources:** Please reach out to me for resources on Childhood Grief.