

DYSFUNCTIONAL BETRAYAL STUCK GUILT DOUBT **GRIEF** DEPRESSED

# Can GOD Fix This?

Grief: My Heart Hurts

Ronnie Norman and Virgil Fry

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## Psalm 88

*You have taken my companions  
and loved ones from me.*

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# Matthew 28

*“I am always with you my child.”*

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## Psalm 124

*Blessed be the Lord, who would not  
give me up.*



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# John 11:35

*Jesus wept.*

## ***1 Thessalonians 4:13-18***

*<sup>13</sup> Brothers and sisters, we do not want you to be uninformed about those who sleep in death, so that you do not grieve like the rest of mankind, who have no hope.*

## ***1 Thessalonians 4:13-18***

*14 For we believe that Jesus died and rose again, and so we believe that God will bring with Jesus those who have fallen asleep in him.*

## ***1 Thessalonians 4:13-18***

*<sup>15</sup> According to the Lord's word, we tell you that we who are still alive, who are left until the coming of the Lord, will certainly not precede those who have fallen asleep.*

## ***1 Thessalonians 4:13-18***

*<sup>16</sup> For the Lord himself will come down from heaven, with a loud command, with the voice of the archangel and with the trumpet call of God, and the dead in Christ will rise first.*

## ***1 Thessalonians 4:13-18***

*<sup>17</sup> After that, we who are still alive and are left will be caught up together with them in the clouds to meet the Lord in the air. And so we will be with the Lord forever.*

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## ***1 Thessalonians 4:13-18***

*18 Therefore encourage one another  
with these words.*



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# Possible Responses In The Grieving Process

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- We Are In a State of Shock
- We Express Emotion
- We Feel Depressed & Very Lonely

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- We Are In a State of Shock
- We Express Emotion
- We Feel Depressed & Very Lonely
- We May Experience Physical Symptoms of Distress
- We May Become Panicky
- We Feel a Sense Of Guilt About The Loss
- We Are Filled With Anger & Resentment
- We Resist Returning
- Gradually Hope Comes Through
- We Struggle To Affirm Reality