

GIFTS

Lesson 1 - Comfort For Broken Hearts

Lesson Text: Acts 12:1-5, James 5:7-11, Psalm 46:1-11

Intro: What are some of the most difficult and painful experiences people go through?

Now, read John 14:27. At what point in Jesus' life did he make this statement? Is there any irony here?

How is Jesus' peace different than the peace of the world?

1. (Acts 12:1-5) The Loss of a Loved One

- (12:1-3) What two tragedies do we see happen in these verses?
- While the loss of a loved one always hurts, what kind of these losses hurt the worst?
- How dire is Peter's situation here?
- Consider Job, what do these passages say about Job and his losses?

Job 30:17

Job 30:9-10a

Job 29:2-6

Job 21:15

Job 16:2

Job 31:35

Job 19:13-15, 17

How is Job described in Job 1:1?

Consider Joseph and his reunion with his family in Gen.42-50. Was that an emotional experience for Joseph?

* If these two men of faith struggled like this, what can we take from their stories?

2. (James 5:7-11) Healthy Grief; It's a process.

- (5:7) Be P_____! (Strong's #3114). Look to the promise; the Lord is C_____! Be like the F_____ who waits for his crops. We cannot speed up the process.
- (5:8) E_____ your hearts or S_____ your hearts. Focus on the Lord and realize He is close to us.
- (5:9) Don't G_____/ C_____ against each other. L_____ on each other instead of pushing others away!
- (5:10-11) Consider the prophets; they were S_____ in times of suffering. We know the purpose of the Lord and we have seen His C_____ and M_____! Nothing can S_____ us from the love of God!

** Guilt complicates the grieving process. Take solace in Psalm 51 if you are feeling guilty in a grieving situation. Use this psalm as a prayer guide and adopt it as your own.*

3. (Psalm 46:1-11) There is Comfort and Direction in God's Word

* In times of loss, it is critical to pause and meditate upon what we have in Christ.

- *Psalms 46-48 are a trilogy of psalms of praise. I would suggest reading all three at one setting.*

Psalm 46 has 3 parts; vss.1-3: God's protection - vss.4-7: God's presence - vss.8-11: God's preeminence

- (1-3) God's people are S_____ under God's protection. He is our R_____. * The raging sea depicts trouble on every side
- (46:4) From a raging sea to a gentle flowing river. Just like God, how does a river benefit the land?
- (46:5) How does the city benefit because God is in her midst?
- (46:6) What happens when God speaks?
- (46:7) God is our F_____.
- (46:8) What does God invite us to see?
- (46:9-10) One day we will see God's P_____.
- (46:11) The Lord of hosts is _____.