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God draws close to the broken-hearted and saves the crushed in spirit.
Psalm 34:18 ESV

You're gonna be okay...

...he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed. – Isaiah 53:5 NIV

***One day at a time...one step at a time...
just keep moving through.***

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Small Group or Personal Reflection Questions:

1. What is your typical response to grief? Face it or run from it?
2. How has your response helped or hurt you in your past?
3. What was your response when you learned that Jesus invited His disciples into His depression?
4. When you read Isaiah 53, how can you relate your grief with what Jesus went through?
5. Who are you going to invite to come with you next week for Part 3 of Shipwrecked?

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Today's Message: "Shipwrecked – On the Shores of Grief"

The Five Stages of Grief
(Elisabeth Kubler-Ross)

Denial
Bargaining
Anger
Depression
Acceptance

"Please do not confuse grieving with a lack of faith. It is part of being human. You cannot skip over it; you cannot avoid it by just "thinking positively" and keeping your chin up. After all, one third of the Psalms are grieving Psalms. Then there is the book of Lamentations, dedicated completely to grieving. Also understand that you can cycle through all five of these stages at any point, at any time, and repeat them several times over. Just keep moving through." – Colette White, Licensed Professional Counselor

Jesus experienced grief...

...a man of sorrows and acquainted with grief; Surely he has borne our griefs and carried our sorrows... - Isaiah 53:3-4 ESV

⁴¹ But as he came closer to Jerusalem and saw the city ahead, he began to weep.⁴² "How I wish today that you of all people would understand the way to peace. But now it is too late, and peace is hidden from your eyes. – Luke 19:41-42 NLT

³⁶ Then Jesus went with them to a place called Gethsemane, and he said to his disciples, "Sit here, while I go over there and pray." ³⁷ And taking with him Peter and the two sons of Zebedee, he began to be sorrowful and troubled. ³⁸ Then he said to them, "My soul is very sorrowful, even to death; remain here, and watch with me." – Matthew 26:36-38 ESV

"Shipwrecked"

Pastor Kent Chevalier

April 29 & 30, 2017

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