



Sermon Notes: March 20th 2022

Navigating the Soul: Suicide, Grief, and Lament Psalm 31

Foundations & Definitions:

- _____ is the process of accepting unforeseen, unwanted, or unexpected changes to what we love.
- _____ is the most dreadful conclusion from incorrectly processing grief.
- _____ is the God-sheltered space to correctly process the grief that allows us to grow.
 1. God _____ grief to shock us from this world
 2. God _____ grief
 3. Suicide is _____ the unforgivable sin
 4. _____ offers forgiveness, redemption, and hope

Conclusion:

You must (1) make _____ (2) to _____ your grief and (3) offer it to God through _____.

Application: The Principles of Lament

1. Center yourself upon God as _____
2. Give _____ to your burdens
3. _____ your burdens in God's hands
4. Make space to grieve under God's _____
5. Direct your heart towards _____

What is a friend for?

1. Be _____ with your friend in their grief
2. Give them opportunity to _____ and opportunity to be _____
3. Make _____ for extra help as necessary
4. Walk with them _____