

# *in* **sync** *with God* *The life of David*



## GETTING STARTED:

What are some common misunderstandings of grief? What are things we tell each other to lighten the weight of grief? There are a number of funeral homes in the US that offer drive through viewing stations for viewing the deceased! What, if anything, does this say about our culture's approach to grief?

What are some things you have experienced grief over in your life?

## TAKE A LOOK AT THE BOOK:

Was there anything from the sermon that stood out to you? What did you think of the explanation of true grief and sorrow?

Read Ecclesiastes 7:2-4

Why does Solomon say it is better to go into a house of mourning than a house of feasting?

What does Solomon mean by "by sadness of face the heart is made glad."?

What is wise about mourning?

Read 2 Corinthians 7

How do you know grief is godly or not? What are the clues in the passage that help us characterize godly grief?

## TAKE IT HOME:

Leader: Share how you express grief. Ask the group to share how they express grief and lament. Note the differences and similarities.

What has been the best comfort for you in your grief?