



HELP FOR THE JOURNEY (WEEK ONE)

DAY ONE (“WHY DO I HURT SO MUCH?”)

Read

“For I am about to fall, and my pain is ever with me.” (Psalm 38:17)

Consider

1. Describe your pain.
2. At what times does your pain feel the deepest?

In Your Life

1. The writer of Psalm 38:17 honestly expresses his emotions to God. Whom have you shared your emotions with?
2. Are you currently in a Life Group? Have you considered sharing your feelings with a larger group?
3. What thoughts come to mind about grief support groups?*

*You may have concerns about attending a Life Group or grief recovery support group, but we highly recommend you try it. Make a commitment to try a group for three weeks. After you participate for three weeks, the decision to continue is yours alone. Please reach out to caring@belairpres.org for more information.

Ask

How might I deepen my friendships in this season of separation, giving thanks for those people who let me be myself because they love me unconditionally? I will talk to the Lord now about those whom I am grateful for and commit to moving toward the healthy relationships God has given me.

Pray

Take this time to honestly express your emotions in prayer.



Bel Air
CHURCH

HELP FOR THE JOURNEY (WEEK ONE)

DAY TWO (“COMFORT FOR MY PAIN”)

Read

“Blessed are those who mourn, for they will be comforted.” (Matthew 5:4)

Consider

1. What kind of blessings do you think will come to the person who honestly shares their grief?
2. How can a person in grief be comforted?

In Your Life

1. Are you allowing yourself to grieve? Why or why not?
2. Since the challenges you have faced in this season, what have you found comfort in?

Ask

What is blocking me from sharing how I really feel with the people who love me? What am I going to for comfort that is destructive? What would be one healthy choice I can make today to experience the comfort God promises? I will talk to the Lord now about the destructive ways I am seeking comfort and the healthy choice I am making today.

Pray

Take this time to mourn and be comforted in prayer.



HELP FOR THE JOURNEY (WEEK ONE)

DAY THREE (“WHEN I FEEL WEAK”)

Read

“Be merciful to me, O LORD, for I am in distress; my eyes grow weak with sorrow, my soul and my body with grief.” (Psalm 31:9)

Consider

1. What areas of life does your distress affect?
2. In this Psalm, where did David (the author) go for help when he felt weak?

In Your Life

1. How is your distress affecting you physically and emotionally?
2. How is your distress affecting your relationships with others?

Ask

Who is my closest friend? Does she or he know the areas in which I feel weak, vulnerable or scared, or am I putting on a brave face?

Pray

Take this time to talk to the Lord about the secret thoughts you would normally try to bury or hide.



HELP FOR THE JOURNEY (WEEK ONE)

DAY FOUR (“GOD LOVES THE BROKENHEARTED”)

Read

“The LORD is close to the brokenhearted and saves those who are crushed in spirit.” (Psalm 34:18)

Consider

1. What is the Lord’s response to those who are brokenhearted?
2. At what times do you feel closest to God?

In Your Life

1. When have you felt farthest away from God?
2. What do you think you need to be saved from?

Ask

What might be blocking me from experiencing the nearness of God? If God were in the room with me right now, where would I imagine God to be? Where would I want God to be?

Pray

Take this time to talk to the Lord about what is weighing on your heart and move closer to God.



HELP FOR THE JOURNEY (WEEK ONE)

DAY FIVE (“THE PEACE OF GOD”)

Read

“Now may the Lord of peace himself give you peace at all times and in every way. The Lord be with all of you.” (2 Thessalonians 3:16)

Consider

1. What is the source of peace?
2. In what circumstances will God give peace to you?

In Your Life

1. How has the navigation of your distress been different than you had expected?
2. How have others understood or misunderstood your pain?

Ask

As I reflect on my situation, who or what have I been going to for peace? Do I believe God could give me peace even if I don't fully understand how it could be possible based upon my circumstances? Have I asked God for this kind of peace?

Pray

Take this time to talk to the Lord about my desire for peace and confess the ways I have sought peace outside of the Lord himself.