

## Chewing on Our Daily Bread

Questions for conversation with your family, Home Group, or a friend

1. What is an early memory you have of losing someone or something you loved to death? How did you cope with that loss? What helped? And what didn't?
2. Who or what is your most recent loss to death? How are you coping? What's helping? And what isn't?
3. How have God and his people comforted and helped you through losses in your life?
4. How have you comforted and helped anyone through a loss in their life?
5. PRAY:
  - ✦ Thanking God for his comfort and help when you have lost someone or something you loved to death.
  - ✦ For God to comfort you, if you are grieving now.
  - ✦ For grace to comfort others when they are in grief.
  - ✦ For any needs in your group.

## SERMON NOTES

11<sup>th</sup> Sunday after Pentecost, Proper 14, Year B \* August 8, 2021

Sermon by the Reverend Tom Rutherford

2 Samuel 18:5-9, 15, 31-33 \* Psalm 130 \* Ephesians 4:25-5:2 \* John 6:35, 41-51

### Surviving Grief

#### Psalm 130

1 Out of the depths have I called to you, O LORD;

LORD, hear my voice; \*

let your ears consider well the voice of my supplication.

✦ Ask God for H\_\_\_\_\_.

2 If you, LORD, were to note what is done amiss, \*

O LORD, who could stand?

3 For there is forgiveness with you; \* therefore you shall be feared.

✦ It's NOT your F\_\_\_\_\_.

4 I wait for the LORD; my soul waits for him; \* in his word is my hope.

✦ Let God's Word C\_\_\_\_\_ and E\_\_\_\_\_ you. (SEE NEXT PAGES)

5 My soul waits for the LORD, more than watchmen for the morning, \*

more than watchmen for the morning.

✦ Wait E\_\_\_\_\_ and keep P\_\_\_\_\_.

6 O Israel, wait for the LORD, \* for with the LORD there is mercy;

7 With him there is plenteous redemption, \*  
and he shall redeem Israel from all their sins.

✦ If you're NOT currently grieving, you're part of God's P\_\_\_\_\_ for those who are.

### Next Week's Lessons

1 Kings 2:10-12; 3:3-14 \* Psalm 111 \* Ephesians 5:15-20 \* John 6:51-58

## Comfort for Times of Grief and Sorrow

Jesus says, "Blessed are those who mourn, for they shall be comforted." Matthew 5:4

Job says, "I know that my Redeemer lives, and on the last day he will stand upon the earth. After my awakening, he will raise me up, and in my body I shall see God. I myself shall see, and my eyes behold him, who is my friend and not a stranger." Job 19:25

Give ear to my words, O LORD. Consider my meditation. Harken unto the voice of my cry, my King and my God. For unto you will I pray. My voice you will hear in the morning. O LORD, in the morning will I lift up my prayer unto you and wait expectantly. Psalms 5:1-2

God will never forget the needy, and the hope of the poor will never be taken away. Psalms 9:18

The LORD is my light and my salvation – whom shall I fear? The LORD is the stronghold of my life – of whom shall I be afraid? Psalms 27:1

God is our refuge and strength, an ever-present help in trouble. Therefore, we will not fear, though the earth give way and the mountains fall into the sea. Psalms 46:1-2

When I am afraid, I will trust in you. In God whose word I praise – I will trust in you. In God will I trust. I will not be afraid. Psalms 56:3-4

Jesus quoted this: The Spirit of the Sovereign Lord is on me, because he has anointed me to proclaim good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners, to proclaim the year of the Lord's favor ... to comfort all who mourn and provide for those who grieve in Zion— to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair. Isaiah 61:1-3

Jesus says, "I am the resurrection and the life. Everyone who believes in me will live, even though they die." John 11:25

Jesus says, "Everyone who looks to me and believes in me shall have eternal life, and I will raise them up on the last day." John 6:40

Jesus says, "These things have I spoken unto you, that in me you might have peace. In the world you will have tribulation. But be of good cheer, for I have overcome the world." John 16:33

None of us has life in ourselves, and no one becomes their own master when they die. If we're alive, we are alive in the Lord, and if we die, we die in the Lord. Whether we live or die, therefore, we belong to the Lord. Romans 14:7-8

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope, by the power of the Holy Spirit. Romans 15:13

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus. Philippians 4:6-7

Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things... and the God of peace will be with you. Philippians 4:8-9

For the Lamb at the center of the throne (Jesus) will be their shepherd; 'he will lead them to springs of living water.' 'And God will wipe away every tear from their eyes.'" Revelation 7:17

Jesus says, "I am with you always, even to the end of the age." Matthew 28:20