



## SESSION 4

### Grace to Grieve

God's Grace to Isaac while he grieved the loss of his mother.

## WATCH

### Week 4 Video | Grace to Grieve

[Session Video](#) (12 minutes)

What are your main takeaways from the video? (10 minutes)

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## READ THESE SCRIPTURE PASSAGES ALOUD:

### Genesis 23:1-2 NIV

<sup>1</sup>Sarah lived to be a hundred and twenty-seven years old. <sup>2</sup>She died at Kiriath Arba (that is, Hebron) in the land of Canaan, and Abraham went to mourn for Sarah and to weep over her.

### Genesis 24:62-67 NIV

<sup>62</sup> Now Isaac had come from Beer Lahai Roi, for he was living in the Negev. <sup>63</sup> He went out to the field one evening to meditate, and as he looked up, he saw camels approaching. <sup>64</sup> Rebekah also looked up and saw Isaac. She got down from her camel <sup>65</sup> and asked the servant, "Who is that man in the field coming to meet us?" "He is my master," the servant answered. So she took her veil and covered herself. <sup>66</sup> Then the servant told Isaac all he had done. <sup>67</sup> Isaac brought her into the tent of his mother Sarah, and he married Rebekah. So she became his wife, and he loved her; and Isaac was comforted after his mother's death.

### **Psalm 23:4 NIV**

<sup>4</sup> Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

### **John 11:32-36 NIV**

<sup>32</sup> When Mary reached the place where Jesus was and saw him, she fell at his feet and said, "Lord, if you had been here, my brother would not have died."<sup>33</sup> When Jesus saw her weeping, and the Jews who had come along with her also weeping, he was deeply moved in spirit and troubled. <sup>34</sup> "Where have you laid him?" he asked. "Come and see, Lord," they replied. <sup>35</sup> Jesus wept. <sup>36</sup> Then the Jews said, "See how he loved him!"

## **DISCUSSION**

God's grace shines through painful times of loss so we can find hope and joy.

### **Head**

*(15–20 minutes)*

1. How has God surprised you in the form of His comfort when you are grieving? Do you think Isaac was surprised?
2. Have you missed God's comfort when you were grief-stricken? Why?
3. How has someone done a good job comforting you during a difficult time?

### **Heart**

*(15–20 minutes)*

1. Do you struggle to allow yourself to feel gratitude from God or from a friend? Why?
2. How do you acknowledge the powerful nature of God's grace and comfort?
3. Is the function of comfort to prevent you from feeling grief? Or to conquer grief when felt?

### **Hands**

*(10 minutes)*

#### **Reaching Upwards: Growing in Your Relationship with God**

1. The formation of new relationships is at the heart of this event for Isaac - and can help us feel God's comfort. How can you prepare your heart to receive this form of comfort from God, both spiritually and physically?
2. How have you expressed thanks to God for His caring love for you?

#### **Reaching Outward: Investing in Your Neighbors**

1. Do you notice the state of the hearts of people you see every day?

2. Take inventory of the people you encounter regularly, yet with whom you don't engage. Before the next time you see them, prepare thoughtful things to say and ask, in order to let them know you care about them.
3. How do acts of kindness towards our neighbors bring heaven to earth and reinforce our kingdom perspective as discussed in the previous small group study, Surprised by Hope?

## READING PLAN

To reinforce Session 4, read the following this week:

**Day 1: Searching for a Wife (Genesis 24:1-32)**

**Day 2: Rebekah Agrees to Marry Isaac (Genesis 24:33-61)**

**Day 3: Abraham Dies (Genesis 24:62-25:18)**

**Day 4: Jacob and Esau's Rivalry (Genesis 25:19-26:35)**

**Day 5: Isaac Is Deceived by Jacob (Genesis 27:1-28:9; 35:27-29)**