



### **“The God of Grief” (Psalm 13) Reflection Questions**

1. If you caught the sermon, what impacted you the most?
2. As you look around society how do we typically deal with grief? What do you find to be healthy and/or unhealthy?
3. How can both religion and irreligion stifle healthy grief? How do the first three verses of Psalm 13 lead you to better understand gospel-centered grief?
4. Read verses 4-5. Does this change your view of God and how we relate to Him? Discuss the notion of the life we “deserve” that is common in our culture. How do we evaluate such a notion based on Psalm 13 and particularly God’s grace?
5. Incarnation is the embodiment of God the Son in human flesh as Jesus Christ. How does the incarnation lead us to a greater understanding of God’s own approach to grief and misery?
6. Discuss the implications of the cross and resurrection on our grief. How does it feel different from cultural approaches to grief?
7. How have you seen God’s power in your own weakness recently?
8. How have you observed some good examples of “incarnational community” with people who are hurting? What opportunities come to mind either individually or as a group to sit with others at the bottom of the pit?