

November 13, 2022

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# THANKFUL

*in all seasons*

## "THE SEASON OF LOSS"

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**ECCLESIASTES 8:14 (NLT)**, *"And this is not all that is meaningless in our world. In this life, good people are often treated as though they were wicked (bad things happen to good people), and wicked people are often treated as though they were good (good things happen to bad people). This is so meaningless!"*

### I. THE REASON FOR LIFE'S LOSSES

**INSIGHT:** Life is unfair.

#### **TWO THINGS TO REMEMBER:**

1. We don't always get what we deserve in life.

**INSIGHT:** When good things happen to you, that's grace. When bad things happen to you, that's life!

2. Not everything that happens is God's will.

### II. BIBLICAL RESPONSES TO LIFE'S LOSSES

1. Sort out your grief.

**INSIGHT:** Don't shove your grief out of sight, don't deny its existence (Matthew 5:4; Psalm 62:8, 34:18).

**TRUTH:** The way back to health from severe loss and hurt is to deal with it, acknowledge that it's there (Luke 5:31).

**INSIGHT:** You'll never get help from the Lord till you admit that you have a need...that you hurt, and you want to release your grief to God.

2. Let others shoulder your load of grief with you (Galatians 6:2; Hebrews 12:15).

**TRUTH:** You need to know a group of people you can talk to, people you can call on, people you can draw strength from.

3. Refuse to be bitter (Job 21:25).

**TRUTH:** We decide in life if we will be bitter or happy because we can't be both.

**INSIGHT:** When bitterness is in your heart, happiness walks out the back door of your house (Hebrews 12:15).

**TRUTH:** When you are hurt, the bitterness you allow to build up will never hurt anybody else, only you and those you love closest to you.

### **\*HOW DO YOU FIGHT BITTERNESS IN THE LOSSES OF LIFE?**

1. Accept what you can't change (Job 11:13, 16 GNT).

**TRUTH:** Faith isn't pretending you don't have a problem... it's refusing to be discouraged.

**TRUTH:** The most important things in life are beyond your control.

**TRUTH:** Sometimes the only way you can manage an unmanageable situation is through acceptance. It's the first step to peace.

**TRUTH:** The only way to peace in the face of death is acceptance.

2. Look at what you have, not what you lost (1 Thessalonians 5:18).

### **INVITATION**

**TRUTH:** Gratitude is the antidote to depression (Philippians 4:13).

**TRUTH:** The acid test of our faith isn't us sitting in church; it's how we handle the losses and tragedies and unexplainable disasters of life.