

# SHIFT

## Part 3 – Loss – Grief

**Mark 5:22-35** – Scripture is filled with humankind experiencing grave loss and grief

Can you relate? As you look back over this past year can you identify your greatest loss; that one thing that you causes you to grieve above all else? Everything that is true about our faith in Christ is directly linked to living with **JOY**.

**LOSS** and its partner, **GRIEF PREVENT** us from living as God intended. *Psalm 51:12* “Restore unto me the joy of my salvation.”

**Recall: There are 3 steps we must take to shift our hearts from LOSS to JOY!**

1. **PURIFY** my heart by ADMITTING AND CONFESSING my sin. *Hebrews 12:1* “...came and fell down before Him and told Him the whole truth.” *Mark 5:33*

2. Adjust my **PERSPECTIVE** by placing the circumstances in the right place. Is my desire for resolution stronger than my desire to be transformed?

*Romans 12:2*

“...after hearing about Jesus, she came up in the crowd behind Him and touched His cloak. For she thought, ‘If I just touch His garments, I will get well.’” *Mark 5:27-28*

3. **PRACTICE** expressions of joy in these three ways:

- **PURSUE** His peace by abiding in His presence. *Luke 5:16; Mark 1:35; Matthew 6:6*
- Express **PRAISE** which opens the gate to joyful living. *Acts 16:25*
- Connect consistently with spiritually healthy **PEOPLE**. *Hebrews 10:24-25* “...And He said to her, ‘Daughter, your faith has made you well; go in **PEACE** and be healed of your affliction.’” *Mark 5:33-34 (Reconnected with Community)*

**Practice makes Permanent – Wrong Practice makes Permanently Wrong!**  
**Praise leads to Joyful living – Psalm 100**

- When I praise **IT GETS THE FOCUS OFF OF ME!**  
*Psalm 100:1-3* Pursue His presence
- When I praise **IT PRODUCES A SPIRIT OF GRATITUDE!**  
*Psalm 100:4* Open the gates
- When I praise **IT ACKNOWLEDGES GOD’S FAITHFULNESS!**  
*Psalm 100:5* Proper authority

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**Nehemiah 8:10:** Then he said to them, “Go, eat the festival foods, drink the sweet drinks, and send portions to him who has nothing prepared; for this day is holy to our Lord. Do not be grieved, for the joy of the LORD is your refuge.”

### PURIFY

1. Consider your life this past year. What was your greatest loss, the one thing that has caused you to grieve above all else? Why does this loss have such a distinction? Did you invite God into the circumstance(s)? How is your relationship with God different as a result?
2. God is with us and we cannot be taken away from Him. God hears us. He brings us hope and peace. These are some reasons we can assert that our joy comes from the Lord. In our greatest moments of loss, what keeps us from raising our voices in praise and exultation? Read Hebrews 12:1. What is the sin that so easily entangles?

### PERSPECTIVE

1. Read 1 Peter 1:3-9. How should knowing we have an inheritance in heaven affect our attitudes and behavior when we face trials? With the certainty of our inheritance in mind, how can we move from a strong desire for resolution to an even stronger desire for transformation?
2. How can a season of despairing loss help us to realize our weaknesses and then rely on God’s strength? How is our faith made stronger through trials?
3. Read Matthew 8:10; 9:29; 15:28 and Mark 5:34; 10:52. The physical healing was representative of spiritual healing. What kind of conclusions can you draw about the role of faith?

### PRACTICE

1. **None** of the blessings we receive are deserved. Everything God has given to us, He has given to us because of His kindness. How then should God’s mercy affect us? One way, for instance, is that it should be incentive for us to love God and to extend mercy to others as God has to us. Is there anyone whom you are struggling to extend mercy to? What do you need to do in order to show the same mercy to them that you have received from the Lord? Will they see your joy in Him?
2. “We cannot be at peace with others until we first have peace with God.” How can you defend that statement?
3. How does the act of pursuing God’s presence trigger joyful living? Would you say you **always** have an attitude of gratitude towards God? How does God’s lovingkindness grow your faith? (see Psalm 100)

### PRAISE and PRAYER

Consider and commit to memory the prayer: “By Your grace, O God, I will go nowhere today where You cannot come, nor seek anyone’s presence that would rob me of Yours. By Your grace, I will let no thought hinder my closeness with You, nor let any word come from my mouth that is not meant for Your ear. So shall my courage be firm and my heart be at peace. Amen”