



Grief & Forgiveness

Pastor Jackie Scrivanich

Grief. It changes you at your core.

Read Genesis 45:1-15 (NIV)

Sometimes we experience profound grief over a death, but it can be about other things as well. In the story of Joseph, his grief looked like betrayal by his family. Maybe your grief is in the form of an injury or illness that changed your life. Maybe, like Joseph, someone close to you betrayed you. Whatever the circumstance, it can cause deep grief that just sits on your chest. It changes something in you.

- Feel the grief, work through it, and then forgive.
“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” Ephesians 4:32 NIV
- 1. What was the result of Joseph forgiving his brothers?**
 - 2. What would be the result be if you forgave someone who has caused you grief?**
- Your story is not too much for Jesus
“The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.” Deuteronomy 31:8 NIV
- 3. What in your life have you been reluctant to bring before God because you feel it is ‘too much’?**

4. What keeps you from bringing your ‘too much’ to Jesus?

- When you experience grief, you are not meant to go through it alone
“The LORD will fight for you; you only need to be still.” Exodus 14:14 NIV

5. What does it mean to you that God ‘will fight for you’?

6. What would it take for you to be still in your current grief and allow God to do the fighting for you?

- In the meantime, we worship God, we follow Him and we serve Him
“Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.” Mark 12:30 NIV

7. How can continuing to worship, follow and serve God help you walk through your grief and into forgiveness?

8. How has (or is) worship, service and obedience helped you with grief and forgiveness?

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