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FM 89.1



Sermon Title: How to Survive a Year From...Grieve Your Losses
Rev. Dr. Jeffrey W. Gibelius, Pastor

Be Thou My Vision, vs. 1, 2, 4

Be thou my vision, O Lord of my heart;
naught be all else to me, save that thou art;
thou my best thought, by day or by night,
waking or sleeping, thy presence my light.

Be thou my wisdom, and thou my true Word;
I ever with thee and thou with me, Lord;
thou my soul's shelter, and thou my high tower;
raise thou me heavenward, O Power of my power.

High King of Heaven, my victory won,
may I reach heaven's joys, O bright heaven's Sun!

Heart of my own heart, whatever befall,
still be my vision, O Ruler of all.

Fairest Lord Jesus, vs. 1, 2, 4

Fairest Lord Jesus,
Ruler of all nature,
O thou of God to earth come down,
thee will I cherish,
thee will I honor,
thou, my soul's glory, joy, and crown.

Fair are the meadows,
fairer still the woodlands,
robed in the blooming garb of spring.
Jesus is fairer;
Jesus is purer,
who makes the woeful heart to sing.

Beautiful Savior,
Ruler of the nations,
Son of God and Son of Man!
Glory and honor,
praise, adoration,
now and forevermore be thine!

Sermon Discussion Starters

This is the second message in a series of four. Last week's message was on Fear. You can find it on GrowWithSecond.org

On a scale of 1 to 10, how comfortable are you with saying, "Goodbye?"

10 means: "I rarely skip a funeral, I almost always say, "Goodbye," and mark the end of things."

1 means: "I refuse to say, goodbye. I hate funerals. I just move on..."

List losses that you have personally experienced this year. Did you grieve these losses? If so, how? If not, why not?

Why do you think people avoid the work of grief?

- don't like to feel sad
- don't have time; too busy
- too hard
- didn't seem important at the time
- don't know how
- need help to do it
- grew up in a home where grieving wasn't valued
- don't want to appear weak
- friends won't allow me to grieve.

Why do you avoid grief-work?

What practices help you grieve a loss?

- Quiet time
- Talking about it with friends
- Marking it with a ceremony (funeral, burial, formal prayer)
- Journaling
- Prayer
- Crying or expressing my emotions in other ways
- Physical activity
- Reading scripture
- Something else

What ways have you seen people avoid the work of grief?

- Staying busy with distractions
- Numbing with food, alcohol, TV/media, shopping
- Jumping into another relationship
- Minimizing their losses by comparing them to others' losses
- Something else...

(What are your preferred methods for avoiding grief-work?)

Which of these passages speaks to your heart today? (Choose one or two) Why?

- John 16:22 -- Now is your time of grief, but I will see you again and you will rejoice, and no one will take away your joy.
- Philippians 4:13 -- I can do all this through him who gives me strength.
- Revelation 21:4 -- 'He will wipe every tear from their eyes. There will be no more death' or mourning or crying or pain, for the old order of things has passed away.'
- Romans 8:18 -- I consider that our present sufferings are not worth comparing with the glory that will be revealed in us.
- Psalm 34:18 -- The LORD is close to the brokenhearted and saves those who are crushed in spirit.
- Matthew 11:28-30 -- "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."
- Psalm 147:3 -- He heals the brokenhearted and binds up their wounds.
- Psalm 73:26 -- My flesh and my heart may fail, but God is the strength of my heart and my portion forever.
- 1 Thessalonians 4:13-14 -- Brothers and sisters, we do not want you to be uninformed about those who sleep in death, so that you do not grieve like others, who have no hope. For we believe that Jesus died and rose again, and so we believe that God will bring with Jesus those who have fallen asleep in him.
- Joshua 1:9 -- Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go."
- Romans 8:28 -- And we know that in all things God works for the good of those who love him, who have been called according to his purpose.
- Matthew 5:4 -- Blessed are those who mourn, for they will be comforted.
- 2 Corinthians 1:3-4 Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.

The Good Grief Challenge Instructions

List your personal losses this year. Pick one that is really weighing on you (you can pick another one later).

1. Write it down. Name it. This helps to make the loss tangible, real, and unforgettable.
e.g. *My job, Steve, my school friends, Dinners out with work colleagues, prom, vacation with Grandma*
2. List what this lost thing (person, event, relationship, opportunity, feeling, etc.) meant to you or represented to you.
e.g. *Safety, security, affection, I saved money all year for this!, stability*
3. Thank God for this thing (person, event, relationship, opportunity, feeling, etc.) you've lost. Use as much detail as you can. Talk to God as if God doesn't already know exactly why this thing was such a blessing – or would have been -- to you. The more specific you are, the more complete your thanksgiving and your healing can be.
4. Tell God how you feel about losing this thing (person, event, relationship, opportunity, feeling, etc.). Use feeling words.
e.g. *I'm feeling....sad, mad, afraid, frustrated, tired, anxious, confused, disappointed, desperate, hopeless, relieved, troubled, mixed feelings...*
5. Tell God what you hope for, what your desire is, what you want now.
e.g. *I want...healing, relief, energy, new life, hope, rest, companionship, affection, security, grace, tenderness, etc.*

Date: _____ Signature: _____

6. Then do what you want to with the paper.
 - Carry it in your pocket until it falls apart. Each time you see it you'll be reminded of the thing (person, event, relationship, opportunity, feeling, etc.) you loved and how far your healing has come.
 - Burn it.
 - Bury it.
 - Tear up this paper or shred it.
 - Treasure it – place it in a family Bible, hope chest, or other safe place. When you find it again someday you'll be pleased to read this prayer from your past. Set a reminder on your calendar for 6 months from now to go check on your "Treasure."
 - Share it with a trusted friend. Tell someone as much as you can about your loss and your healing process. Tell them that you are grieving and that you would like their support.
 - Pray it. Post this somewhere so that you'll be reminded of it every day. Notice how healing comes in fits and starts as God moves in your life.

Announcements & Opportunities

Stream online now through our public Facebook page (Second Presbyterian Church) or through GrowWithSecond.org. Click "Watch Live" in upper right corner. **Wi-fi access:** Guest Second Presbyterian, secondfamilywireless

Need anything? Tech Trouble? Turn on your emergency flashers; an usher will come.

Need a song sheet or Communion bread and juice? Ushers have song sheets and communion sets.

Bulletins for Drive-In Worship will be sent out in the Friday weekly email so you can print yours at home.

Feel free to remain in your car for the service.

Prefer to sit outside your car? Please sit in front of it, at least 6' from other families; please use headphones with your radio or smart phone to listen without disturbing others.

It's ok to run your engine to keep cool and the battery charged. Ushers have jumper cables if needed.

The Rotunda restrooms are open; please use the Rotunda entrance. Please wear a mask in the event you encounter others while outside your car.

Please remain for the entire service, if possible, so as not to disturb others.

All cars exit to Rockledge Dr.; left lane for left turns only. Depart Row by row; ushers will guide you.

Offerings are not required, but they are greatly appreciated. You can give online through GrowWithSecond.org or mail (Second Church, 528 Garland Dr., Carlisle, PA 17013). You may also support any of our mission partners, such as Samaritan Fellowship, Community Cares, Safe Harbour, and Hope Station.

Want to learn more about our ministries during this time? Visit GrowWithSecond.org, like us on Facebook, or send a request to be added to our email list: Destinee@GroWithSecond.org.