

Scriptures Shaping Us - Father

Thomas Thompson

Genesis 6:6

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Reflection & Discussion Questions

Jesus was a man of sorrows

Part of Jesus forming in us is to help us become acquainted with grief.

*What do you think 'acquainted with grief' means?

Read and discuss Isaiah 53:3a and Genesis 6:6(ESV)

³*He was despised and rejected by men,
a man of sorrows and acquainted with grief;*

⁶*And the LORD regretted that he had made man on the earth, and it grieved him to his heart.*

*What are these passages saying? What do they tell us about God?

*What implications are there for us in these verses?

*How do these verses knit our hearts to Gods?

We see a God who is opening up His heart and naming His feelings

There is a work of grief God can do in and through us.

*How has your grief been used as a tool in your life?

*Has he worked in your life through someone else's grief? Has your sorrow helped another?

There is an interplay between deep love and deep grief

Name your grief and allow God to father YOU.

*What relationship do you see between deep love and deep grief?

*If you are comfortable, what grief are you experiencing recently?

*What would it look like to allow God to father you in it?

Visual reflection (Visio Divina)* [God Hold Me](#) by Charlie Mackesy

Song for reflection [Man of Sorrows](#) by Ellie Holcomb

*Visio divina – a thoughtful and slow way of contemplating a visual prompt like a piece of art, photograph or image and inviting God to speak to you through it. First, focus on the detail that your eyes are drawn to right away – keep focus there and pay attention to what thoughts and emotions you are having. Then, look at the entire image and consider it as a whole, being aware of thoughts, questions and emotions it provokes. End in silence and prayer, considering your experience and anything you feel called to respond to.