

Kingdom Emotions: The Place of Grief in the Narrative of Life  
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Matthew 5:4  
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**Reflection & Discussion Questions**

**The emotion of grief is often misunderstood, difficult and complex**

Our beliefs around grief have largely been shaped by what has been modeled to us.

- \*Do you think grief is misunderstood? Why or why not?
- \*How have your beliefs about this emotion been shaped by your parents or others close to you?
- \*What have you picked up from culture and society about how to experience and deal with grief?

**Jesus knew what it meant to grieve**

Read and discuss Isaiah 53:3a (NLT)

<sup>3</sup> *He was despised and rejected—  
a man of sorrows, acquainted with deepest grief.*

- \*What does this verse tell us about Jesus?
- \*Where else do you see Jesus experience grief in the Scriptures?
- \*What can we learn about the way he grieved? Has the way Jesus modeled mourning shaped you in any way?

**Mourning is feeling deep sorrow or regret over our losses**

Loss is much more than just physical death.

- \*Besides death, what else can be mourned?
- \*Have you felt permission to mourn other losses?
- \*Why is grief experienced so differently by people? What other emotions can be a part of grief?

**We are blessed to receive the comfort that only God can bring**

Read and discuss Matthew 5:4 (NIV)

<sup>4</sup> *Blessed are those who mourn,  
for they will be comforted.*

- \*What does this counterintuitive understanding of 'blessed' mean for us here?
- \*How have you experienced His presence and comfort in the midst of your grief?
- \*If you are comfortable sharing, what loss or grief are you carrying right now?
- \*What is the Spirit showing you about your own loss(es)?
- \*Where could you look to Him as a safe place to grieve?