

HELP FOR HANDLING LOSSES IN LIFE

Here are five keys on how to recover from life's losses.

1. I need to _____ that _____ is a part of _____.
Ruth 1:3-5 Now Elimelech, Naomi's husband, died, and she was left with her two sons. They married Moabite women, one named Orpah and the other Ruth. After they had lived there about ten years, both Mahlon and Kilion also died, and Naomi was left without her two sons and her husband.

Ecclesiastes 8:14 Sometimes something useless happens on earth. Bad things happen to good people, and good things happen to bad people.

Two important truths about life...

1. We don't always _____.
2. Not everything that happens _____.

2. I need to _____ from _____.

Ruth 1:6-7 When she heard in Moab that the Lord had come to the aid of his people by providing food for them, Naomi and her daughters-in-law prepared to return home from there. With her two daughters-in-law she left the place where she had been living and set out on the road that would take them back to the land of Judah.

Galatians 6:2 "Carry each other's burdens."

When you're going through a season of loss, you need not only the _____ of other people, but you also need the _____ of other people.

Hebrews 12:15 (LB) "Look after each other so that not one of you will fail to find God's best blessings."

3. I need to _____ my _____.
Ruth 1:19-21 So the two women went on until they came to Bethlehem. When they arrived in Bethlehem, the whole town was stirred because of them, and the women exclaimed, "Can this be Naomi?" "Don't call me Naomi," she told them. "Call me Mara, because the Almighty has made my life very bitter. I went away full, but the Lord has brought me back empty. Why call me Naomi? The Lord has afflicted me; the Almighty has brought misfortune upon me."

Matthew 5:4 "Blessed are those who mourn, for they will be comforted."

Psalms 62:8 "Pour out your heart to God, for He is our refuge."

Psalms 34:18 "The Lord is close to the brokenhearted and saves those who are crushed in spirit."

4. I need to _____ God's _____.
Ruth 2:20 Naomi said to her daughter-in-law. "The Lord has not stopped showing his kindness to the living and the dead."

God _____ our grief and God is _____ in our sorrow and loss!

Isaiah 53:3-4

2 Corinthians. 1:3-4 What a wonderful God we have--the one who so wonderfully comforts and strengthens us in our hardships and trials. (LB)

5. I need to _____ God to _____ my life.
Ruth 4:13-17 So Boaz took Ruth and she became his wife. Then he went to her, and the Lord enabled her to conceive, and she gave birth to a son... Then Naomi took the child, laid him in her lap and cared for him. The women living there said, "Naomi has a son." And they named him Obed. He was the father of Jesse, the father of David.

Jeremiah 29:11 I know what I am planning for you,' says the Lord. I have good plans for you, not plans to hurt you. I will give you hope and a good future.' (NCV)