



Seasons: Week 3 — “Winter”

CONNECT: What do you enjoy about the winter season (e.g. food, holidays, snow, etc.)?

GROW:

1. **Read Luke 8:40-56.** Take a moment and put yourself in Jairus’ shoes. How would you have responded to each of the following events?
 - a. The moment when the woman emerged from the crowd and touched Jesus
 - b. The moment when the messenger said his daughter was dead
 - c. The moment when his daughter got up
2. **Read Psalm 13:1-2, Psalm 22:1-2, and Psalm 130:1-2.** These are only a few examples, but nearly half of the Psalms are songs of lament. We also have an entire book in the Bible called Lamentations. Why is grief an overlooked aspect of our faith journey and the human experience? How do we embrace lament, viewing it from a redemptive perspective?
3. **Read John 11:32-37 and Mark 14:32-42.** Jesus knew the outcomes of both of these situations, yet He modeled for us what it means to express our emotions in a healthy way. Do you consider yourself to be more expressive or stoic? Why?
4. **Read Job 2:11-13 and Romans 12:15.** Oftentimes, we can feel the pressure of having the “right words” when we see others grieving or suffering. However, sometimes the best comfort we can provide is our presence. Does this come naturally to you? Why or why not? What are some practical ways we can lean into someone else’s pain?
5. **Read Romans 5:3-5, Romans 12:12, Hebrews 11:1, and 1 Peter 1:3-4.** Because of our faith in Jesus and the hope of Heaven, we can weather the storms of the changing seasons. How do we make a conscious effort to live with an eternal perspective in mind? How does this help us during seasons of lament?

PRAY: Read, meditate on, and pray **Psalm 23** with special emphasis on verses 1, 4, and 6.

NEXT: We all know someone who desperately needs to hear about the hope we have in Jesus. Take some time this week to prayerfully consider who you could invite to one of our Easter services this upcoming weekend.