

# Surrendering to Your Limits; How to Grieve God's Way! Part #1

Job 1:20-22, 2:11-13, Eccl. 3:1-2,4, John 3:22-27

1. Your life has enormous amounts of \_\_\_\_\_ placed on it?
  - a. Knowing that we are surrounded by limits and loss every day; how we handle and work through them is very important to your \_\_\_\_\_ health.
2. The story of Job is the story of all of \_\_\_\_\_. Job 1:12-2:10
  - a. Most of us experience the same losses but for us it comes over a \_\_\_\_\_.
  - b. Limits are given to you by God to keep you \_\_\_\_\_ and \_\_\_\_\_.
3. Job's \_\_\_\_\_ was staggering.
  - a. "He was the \_\_\_\_\_ man among all the people of the East." Job 1:3
  - b. How do we \_\_\_\_\_ with the pain we face in times of loss?
4. In our culture \_\_\_\_\_ has become the most common way to deal with pain and loss.
  - a. Unconsciously we learn many \_\_\_\_\_ maneuvers as we live life to protect ourselves from the pain of loss?
5. Common defenses we use to grieve our losses - \_\_\_\_\_, "minimize", \_\_\_\_\_, "Blaming yourself", \_\_\_\_\_, "Intellectualizing", \_\_\_\_\_, "Becoming hostile".
6. When we decide to grieve and deal with our losses in the wrong ways we become \_\_\_\_\_ humans with painted smiley \_\_\_\_\_.
  - a. When we do not process before God the feelings that make us human, such as grief, fear, sadness and anger we "\_\_\_\_\_."
7. We don't deal with them in the way scripture teaches us to deal with loss; they start to leak out in our everyday lives.
  - a. Leaks - being passive \_\_\_\_\_, sarcastic \_\_\_\_\_, \_\_\_\_\_ tone of voice, giving the \_\_\_\_\_ treatment, \_\_\_\_\_.
8. These types of defenses; which are common to most of us; make us spiritually \_\_\_\_\_.
  - a. Unhealthy defenses affect your relationships with \_\_\_\_\_ and with \_\_\_\_\_.