



Coaching Tool:

Coping With Unexpected Death

If you lose someone you love, your life is over.	Vs.	God can carry us through any hardship or pain because His love is greater than any devastation.
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Examples Of What The Enemy Wants You To Think:

- Without them, there is no point to living.
- I can't handle this pain, so I'm going to end it all.
- No one can live through this pain.
- My life is over.
- How could I ever be happy again?
- I'm never going to enjoy life again.
- I will always be lonely from here on out.
- Who else could ever love me?

God's Truth Says:

Everyone can heal from disappointment and pain by:

1) Keeping an eternal perspective

- a. There is pain and trouble on this earth because of sin. Loss and death are a part of that pain. We all wish that we could run away from the pain or that God would keep it from ever happening.
- b. Instead, God meets us in the pain. He carries us through the heartache. He hurts with us. John 11:35 "Jesus wept." After Lazarus died. They were friends. Jesus felt the pain of loss even though He knew where Lazarus was.
- c. We get to run to him with our pain and loss and let Him draw us closer to Him in those devastating, raw times.
- d. Ps 16:8 "I keep my eyes always on the Lord. With him at my right hand, I will not be shaken."

2) Surrender your pain to God

- a. Ps 147:3 "He heals the brokenhearted and binds up their wounds."



- b. God is the only one who can truly heal these hurts. Other options and coping mechanisms can distract or even do harm.
- c. Run to God in the pain. Trust Him to carry you through it. Ask Him to heal your heartache. He will. In His time.

3) Choose gratitude

- a. Philippians 4:6-7 “Do not be anxious about anything but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”
- b. Self pity wants us to only see the hurt we are experiencing. But God says to go to Him with thanksgiving. That doesn’t mean we don’t feel the pain. It means we are still grateful to Him for the good things and people in our lives.

Listen To This Song:

Listen to “I Will Rise” sung by Chris Tomlin.

Questions To Help You Process This Concept:

1. Do you have loss or unexpected pain in your story? What?

2. Are you asking God to show you the eternal impact of the earthly pain?



3. Do you see God's heart hurting with you? Do you know that He wants to be with you through the pain?

4. Have you surrendered your pain to God? From the deepest places in your heart? Do you trust Him with the pain?

5. Have you asked God to heal the pain of loss? Are you trusting Him to walk you through the grieving and pain?

6. Have you been able to focus on the blessings God has given you? Even when you feel devastated? Not to avoid the pain, but to keep it from sinking into self pity and despair?



Exercise:

1. After listening to the Chris Tomlin song, "I Will Rise," take a moment and ask God to come into your pain and grief. Ask Him to help you through the grief.
2. Ask God to give you an eternal perspective on this place of pain. How might God want to use this pruning in your life to come into closer relationship with Him and further His kingdom? Think of Biblical examples or stories of how others have brought good out of similar pain.
3. Thank God for:
 - a. The blessings He gave you in the past.
 - b. The blessings He's providing today, in the present.
 - c. List any blessings you may have taken for granted in the past.
 - d. Consider how you might be a blessing to others.