



Part 3: Loss Is Not The Last Word

Text: 2 Samuel 12:16-24

The Bible never hides from sorrow.

- Lamentations means "mourning"
- Job asks over 140 questions about loss
- Half of the 150 Psalms are about pain
- Jesus was called "a man of sorrow"

The Pathway Through Loss

1. _____ on what you know.

- v.20: *"Then David got up from the ground."*
- That's physical and spiritual action
- David didn't let his feelings write his theology

2. _____ joy.

- v.20: *"...[David] washed himself, anointed himself, and changed his clothes."*
- Sackcloth symbolizes grief
- Oil symbolizes Joy (Ps. 45:7; Heb. 1:9)

3. _____ the load.

- v.20: *"... [David] went into the house of the Lord and worshiped."*
- The house of the Lord → the temple
God's new temple → the church
- *Rejoice with those who rejoice; mourn with those who mourn* (Romans 12:15)
- *Carry each other's burdens.* (Galatians 6:2)

4. _____ care of yourself.

- v.20: *"[David] ate."*

- Practice D.E.E.R.

• D. _____

• E. _____

• E. _____

• R. _____

5. _____ someone else.

- v.24: *"[David] comforted his wife Bathsheba."*

- Healed people heal people.

- *"[God] comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God."* (2 Corinthians 1:3-4)

- v.24: *"She gave birth to a son, and they named him Solomon."*

- Solomon (shalom) → _____



Reflect and Respond:

➔ What hurt are you carrying that Christ invites you to release?

➔ What do you need Jesus to forgive you of?



Part 3: Loss

Theme: Peace after loss is not about forgetting what was taken but trusting God with what remains.

Ice-Breaker


1. **Fun Start:** What's something small that broke or got lost that still makes you strangely sad to think about?
2. **Creative Twist:** If grief were a color, what color would yours be when you're sad? Why?

Reflect (Read Genesis 50:15-21 together)

3. **Core Message:** When David's child grew sick, he prayed, fasted, and wept. Even after all that, the child died. How does this story speak to the ache of prayers that don't end the way we hoped they would? (2 Samuel 12:16–18; Psalm 13:1–2)
4. **Scriptural Insight:** After hearing the news, David rose, washed, worshiped, and ate. What do you think was happening inside him in that moment? How can worship exist beside heartbreak? (2 Samuel 12:20; Job 1:20–21)
5. **Challenge of Loss:** Loss can make us feel helpless and even angry at God. What helps you stay honest in prayer without drifting into bitterness? (Psalm 34:18; 2 Samuel 12:22–23)
6. **God's Role:** David said, "I will go to him, but he will not return to me." How does this reveal his trust in God's mercy, and what hope does it offer those who have experienced loss? (2 Samuel 12:23; 1 Thessalonians 4:13–14)

Take Action

7. **Personal Growth:** What has grief taught you about your dependence on God? Where have you seen Him meet you quietly in the aftermath? (Psalm 73:26; Isaiah 41:10)
8. **Practical Steps:** When someone around you is grieving, what helps more – words or presence? What could you do this week to gently care for someone walking through loss? (Romans 12:15; Galatians 6:2)
9. **Difficult Loss:** Is there a loss in your past that you've tried to move past too quickly? What would it look like to slow down and let God bring healing there? (Psalm 147:3; Matthew 11:28–29)
10. **Community Impact:** How can your small group become a safe place for people to bring sorrow without pressure to "get over it"? (2 Corinthians 1:3–4; Romans 15:5–6)

 **Group Prayer:** Thank God that He doesn't turn away from our tears but gathers them. Ask Him to bring comfort where words fall short and to plant hope where sorrow has settled.