

Episode Notes

QUESTIONS GRIEVING CHRISTIANS ASK: WHERE DID MY PEACE, JOY AND PATIENCE GO?

KEY POINTS:

- When you first become a Christian - a new life has begun
- The Holy Spirit will produce love, joy, peace, patience, etc. within you but, when you are grieving, other emotions can and often will overshadow our worldview for a season.
- Losing touch with your love, joy and peace for a while does not mean you've become a fair weather Christian
- It is best not to compare yourself to other Christians because every loss is different, every person is different and every grief journey is different.
- Taking your time, praying for healing, being around safe non judgmental people, and praying for God's leading will help you being in touch again with the fruit of the Holy Spirit.

Scriptural References:

Renewal of Spirit - 2 Corinthians 5:17-19

"This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!"

Fruit of the Holy Spirit - Galatians 5:22

"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

Suffering leads to hope -

Trials will lead you to hope - Romans 5:3-5

"We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. And endurance develops strength of character, and character strengthens our confident hope of salvation. And this hope will not lead to disappointment. For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with his love."

God will lead you back - James 1:5

"If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking."

STEPPING STONE:

Do you believe that God understands the pain of your personal loss? Write about why or why not?

HEART CHECK

Date:

What have you been thinking and feeling today?

