

TITLE: HOW TO GET THROUGH WHAT YOU'RE GOING THROUGH

SESSION ONE: SHOCK – WHEN YOUR WORLD COLLAPSES

KEY VERSE: “By helping each other with your troubles, you truly obey the law of Christ.”

Galatians 6:2 (NCV)

CHECKING IN: When did something unexpected happen that literally brought you to Your knees? Share how you felt, who showed up, and how you got through the initial stage of shock.

¹² People can never predict when hard times might come. Like fish in a net or birds in a trap, people are caught by sudden tragedy.

Ecclesiastes 9:12 (NLT)

A horrible and shocking thing has happened.

Jeremiah 5:30 (NLT)

¹⁵ I sat among them for seven days, shocked at what had happened to me.

Ezekiel 3:15 (CEV)

³ I'm in terrible pain ... I'm shocked and hurt so much that I can't hear or see. ⁴ My head spins ... early evening, my favorite time, has become a nightmare.

Isaiah 21:3-4 (CEV)

³ I am in total darkness, like someone long dead. ⁴ I have given up all hope, and I feel numb all over.

Psalms 143:3-4 (CEV)

² By helping each other with your troubles, you truly obey the law of Christ.

Galatians 6:2 (NCV)

HOW TO HELP A FRIEND IN SHOCK

1.) _____.

¹¹ When Job's three friends ... heard about all the troubles that had come upon him, they set out from their homes and met together by agreement to go and sympathize with him and comfort him.

Job 2:11

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2.) _____.

¹² When they saw him from a distance, they could hardly recognize him; they began to weep aloud, and they tore their robes and sprinkled dust on their heads. ¹³ Then they sat on the ground with him for seven days and seven nights. No one said a word to him, because they saw how great his suffering was.

Job 2:12-13

3.) _____.

²⁷ Whenever you possibly can, do good to those who need it.

Proverbs 3:27 (GNT)

TWO THINGS YOU NEED TO DO

• _____.

¹⁵ Call upon Me on the day of trouble; I will rescue you, and you will honor Me.”

Psalm 50:15 (NASB)

Get up, cry out in the night ... pour out your heart like water in prayer to the Lord.
Lift up your hands in prayer to him.

Lamentations 2:19 (NCV)

• _____.

¹⁷ A friend loves at all times, and a brother is born for adversity.

Proverbs 17:17 (ESV)

HOW DO YOU IMPROVE YOUR RESISTANCE TO SHOCK?

• _____.

Two can accomplish more than twice as much as one ... If one falls, the other pulls him up; but if a man falls when he is alone, he’s in trouble ... And one standing alone can be attacked and defeated, but two can stand back-to-back and conquer; three is even better, for a triple-braided cord is not easily broken.

Ecclesiastes 4:9-12 (TLB)

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• _____.

⁷“But blessed are those who trust in the LORD and have made the LORD their hope and confidence. ⁸They are like trees planted along a riverbank, with roots that reach deep into the water. Such trees are not bothered by the heat or worried by long months of drought. Their leaves stay green, and they never stop producing fruit.

Jeremiah 17:7-8 (NLT)

⁶ Just as you trusted Christ to save you, trust him, too, for each day’s problems; live in vital union with him. ⁷Let your roots grow down into him and draw up nourishment from him. See that you go on growing in the Lord, and become strong and vigorous in the truth.

Colossians 2:6-7 (TLB)

DISCOVERY QUESTIONS:

1.) Pastor Rick teaches that most important thing we can do when a friend is in shock is to show up. He calls this the ministry of presence. This is a proactive, intentional act of love. You don’t wait for an invitation; you act. Share your experience giving or receiving the ministry of presence and what you learned from it.

2.) Often sharing in a person’s deep pain doesn’t require you to speak. In fact, the greater the grief the fewer words needed. Romans 12:15 tells us to “weep with those who weep” (ESV). When was the last time you comforted a friend with tears instead of words?

3.) Taking the initiative to help a friend or loved one in shock is the best way to show up and offer support in a critical situation. They simply don’t have the capacity to think about and ask for what they need. They are in shock and barely hanging on. Talk about some of the practical ways you can care for them.

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4.) When catastrophe comes, Psalm 50:15 teaches us to cry out to God, in doing so, we honor him. God wants us to lean on him and accept help from others. On scale of 0-10, 0 being really hard and 10 being easy, how easy is this for you to do?

¹⁵Call upon Me on the day of trouble;
I will rescue you, and you will honor Me.”
Psalm 50:15 (NASB)