

FACING ~~FATIGUE~~

Free to Grieve

November 12 & 15, 2020 | Joe Borelis

Lamentations 2:10-19

3 Steps to Facing Fatigue:

- Look back and _____
- Pause and be _____
- Be inspired by hope and _____

Common Responses to Grief:

_____ and _____

→ leads to giving up

_____ and _____

→ leads to self-medicating

Why America Doesn't Grieve Well:

- Pressure to be _____
- Pressure to be _____
- Programmed to find the _____
- Perceived as _____

5 Results of Grieving Well:

- Allows others to participate in our _____ (v 10)
- Paves the way for _____ (v 11)
- Helps us _____ and _____ (vv 12-16)
- Provokes us to be _____ (v 11)
- It is a pathway to _____ more closely (vv 18-19)

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My Own Lament

Address God

(Father, Lord, Jesus, Lord Almighty, Good Shepherd, etc.)

My Complaint

*(The situation I'm facing, the fear I have,
the challenges I'm wrestling with)*

My Reflection

*(What this situation is teaching me,
what I'm seeing happen because of the challenge)*

My Reminder

*(Remind myself of God's character... His love, His compassion,
His sovereignty, His mercy, His grace, His past faithfulness in my life)*

My Request

(What I'd like the Lord to do in these challenges and situations)

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