

REBUILDING THE WALLS (LIFE GROUP PART 1)

LEARNING TO GRIEVE GOD’S WAY

Memory verse:

“Blessed are those who mourn for they shall be comforted.” (Matt. 5:4)

Introduction

This lesson introduces the theme of *Rebuilding the Walls*: how God wants to help restore and rebuild our lives (to an even better place) when we’ve gone through a season of loss and hurt. We said that God specializes in turning setbacks into comebacks!

We are exploring this subject through the story of Nehemiah, a beautiful example of how the rebuilding process happens and tying it closely to the Beatitudes in Matthew 5:3-11. Our big idea for this lesson is that the first step of restoration is not in fixing something but being willing to feel something. Rightly processing the devastation is the key to experiencing the restoration God has for us.

Questions for Discussion

1. **Ice Breaker**

What is an example of something you have that could’ve been trash but is now treasure? Which of the following do you like to restore or buy restored (Furniture, memorabilia, cars, movies, music, pictures, books, instruments? What makes those things valuable to you?

2. God makes promises of things He wants to restore to an even better place.

Joel 2:25 dreams, plans, and hopes that the locust have eaten.

Jeremiah 30:17 our health.

Malachi 4:6 our families and relationships.

Do you have an example of how God has fulfilled His promise to bring restoration in some area of your life? Do you have an example of a scar becoming a star?

What is an area of your life that you would like God’s help in seeing rebuilt and restored?

3. One of the important points in the sermon was that we are to be people who don’t just react to hurt and loss but have already made a decision to choose to rebuild in the face of hurt and loss. We pointed out that most great achievements take many start overs and few victories are won in one battle.

Can you think of a time you wanted to just give up but with God’s help you pushed through to restoration? How do you think knowing God can help a person get up and rebuild again?

4. In this lesson we learned that in Nehemiah's day, rebuilding began with him grieving and turning his tears into prayers before God. The first step of healing wasn't fixing it but feeling it. Grieving is the seemingly negative part of a very positive process of becoming healed and well. Why do you think in our culture so many of us fail to grieve?

5. Which of the following can you identify with as great positives that can come from grieving in a biblical way?

- a. The ability to move forward in letting go of something I need to forgive and release but never took the time to grieve.
- b. Growing in my empathy by identifying the feelings of loss that others have.
- c. Growing closer in community by mourning with those who mourn and not just rejoicing with those who rejoice.
- d. Letting the weight of loss move from my shoulders to God's shoulders by casting my cares on Him.
- e. Allowing God to prune me as He reveals, through sharing things that have blocked my growth in Christ.
- f. The ability to grow in trusting God even when I don't understand why everything happened as it did.

6. What is an area of loss that you are needing to grieve? Where are you in the process and what might be your next step?

- a. Admitting that you need to grieve.
- b. Pouring out your pain to God.
- c. Surrendering the hurt and my wrong reactions.
- d. Turning tears into prayers and petitions.
- e. Asking God to use this in some way as part of His plan for me to help others.