



Study Guide: Episode 23, How to Be There through Loss & Hardship

Ruth 1-4, 1 Samuel 1-2

00:00-09:13	“What do I do when life's going opposite of the way I want?”
09:14-19:15	“What to do with bitterness & anger about life's trials”
19:16-29:57	“God is guiding & blessing us, but we have to see it”
29:58-42:06	“How to be there for others (& ourselves) during loss & hardship”
42:07-End	“What to say/do to help yourself & others”

1. How can I be there for others better in my life? Have I ever felt like others have/have not been there for me? What did they do/not do? What might I do/not do? How might I improve? How might I help others improve their support for me?
2. Have you ever felt like life isn't going the way you want it to go? Like the wheel has been turned into a whole different direction? What have you done to help you through these times? How might you turn to the Lord in your times of need & let Him guide your life, no matter how difficult?
3. Have you ever felt angry, frustrated, or bitter about the hand you've been dealt in life? Like it isn't fair? Has the Lord ever told you, “No,” when you pleaded for a blessing? What did you do with these feelings? How might you take them to the Lord & thus transform them into an act of faith in His blessings & timing?
4. Remember: “When you follow your heart, & the Lord, you can influence, inspire, & bless the lives of others.” How might you strive to do this, this week?
5. Do you know someone who's going through a major loss, illness, or hardship? Listen to 29:58-42:06 & 42:07-End. What is one thing you might say/do to reach out & be there for them this week?

Resources

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