



Study Guide: Episode 31, How to Overcome Opposition & Grief

Ezra 1,3-7; Nehemiah 2,4-6,8

Guests: Mary & Eddie Grampp

00:00-07:53	“QOTW: How do I overcome opposition, loss, & how do I grieve?”
07:54-16:59	“How might we praise God, even in the midst of opposition?”
17:00-30:47	“How have you been strengthened by the Lord <i>through</i> opposition?”
30:48-45:07	“First, turn to the Lord”
45:08-57:55	“Second, feel what you feel—Mourn; grieve”
57:56-103:00	“How do I grieve? TEARS”
103:01-END	“Third, ‘watch,’ ‘fight,’ & let God fight for YOU”

1. How have you been strengthened by the hand of the Lord in the midst of your times of opposition? Remember. Write about this in your journal, if you haven't already.
2. How have you been able to “praise Him,” in the midst of your times of loss, hardship, grief? What might you do today to show your gratitude for the gifts you've been given, despite the hard times?
3. If you have losses that need to be grieved, try the TEARS method. Choose one of the following & make yourself use it to feel & deal with the grief this week. T=Talking, E=Exercise, A=Artistic expression, R=Recording/writing how you feel, S=Sobbing.
4. What might you do this week to use your opposition to become “better” instead of “bitter?”

Resources

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[Come Follow Me, Old Testament, Manual](#)

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