

■ **"UP"... a story of redemption.**

→ Lesson: I must \_\_\_\_\_.

→ 2 Samuel 12: 16-25

→ Dealing with loss (David):

1. David doesn't \_\_\_\_\_ his grief.
2. David doesn't \_\_\_\_\_.
3. David doesn't \_\_\_\_\_ hang on.

REALITY:

Yesterday \_\_\_\_\_

Tomorrow \_\_\_\_\_

Today \_\_\_\_\_

4. David doesn't \_\_\_\_\_

Psalm 34:17-18: "The Lord hears his people when they call to him for help. He rescues them from all their troubles. The Lord is close to the brokenhearted; he rescues those whose spirits are crushed."

5. David \_\_\_\_\_.

■ **The key to handling loss: focus on what's \_\_\_\_\_,  
not on what's \_\_\_\_\_.**

**What I have left . . .**

**Resources** (books recommended by Pastor Phil):

Grief: Comfort For Those Who Grieve and Those Who Want to Help, Haddon Robinson.

A Grief Observed, C. S. Lewis.

On Grief and Grieving, Elizabeth Kubler-Ross.

Where Is God When It Hurts?, Philip Yancey.

★ Local Christian counselors recommended by Crossroads are available at the Welcome Center.

**The Motions**

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**Verse 1**

This might hurt, it's not safe  
But I know that I've gotta make a change  
I don't care if I break,  
at least I'll be feeling something  
'Cause just ok is not enough,  
help me fight through the nothingness of life

**Chorus**

I don't wanna go through the motions,  
I don't wanna go one more day  
Without Your all-consuming passion inside of me  
I don't wanna spend my whole life asking,  
"What if I had given everything?"  
Instead of going through the motions

**Verse 2**

No regrets, not this time  
I'm gonna let my heart defeat my mind  
Let Your love make me whole,  
I think I'm finally feeling something  
'Cause just ok is not enough,  
help me fight through the nothingness of this life