

# **VICTORY IN CHRIST**

## **CHRIST GIVES US VICTORY OVER GRIEF**

Kendall Granger, Lead Pastor  
[pastor@newlifeestl.com](mailto:pastor@newlifeestl.com), Part 4 of 4

### **3 STEPS TO EMOTIONAL HEALING**

**1. UNDERSTAND THE \_\_\_\_\_ OF MY PAIN.**

*"And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul."* **Genesis 2:7 (KJV)**

**BODY + SPIRIT = SOUL**

**2. ACCEPT THAT I CANNOT HEAL MY \_\_\_\_\_.**

*"I kept quiet, not saying a word, not even about anything good! But my suffering only grew worse, and I was overcome with anxiety. The more I thought, the more troubled I became; I could not keep from asking."* **Psalm 39:2-3 (GNB)**

**3. LET GOD \_\_\_\_\_ MY SOUL.**

**a. Let God replace my \_\_\_\_\_.**

*"You are only hurting yourself with your anger."* **Job 18:4 (GN)**

*"Dear friends, never avenge yourselves. Leave that to God, for He has said He will repay those who deserve it."* **Romans 12:19 (LB)**

**b. Let God remove my \_\_\_\_\_.**

*"My guilt has overwhelmed me like a burden too heavy to bear."*  
**Psalm 38:4 (NIV)**

c. Let God relieve my \_\_\_\_\_.

*“Lord, have mercy, because I am in misery. My eyes are weak from so much crying, and my whole being is tired from grief.” Psalm 31:9 (NCV)*

a. Grief is \_\_\_\_\_

b. Grief is \_\_\_\_\_

c. Grief is \_\_\_\_\_

### 3 THINGS TO DO

1. \_\_\_\_\_ YOUR FEELINGS.

**MEMORY VERSE:** *“He heals the brokenhearted and binds up their wounds.”*  
**Psalm 147:3 (NIV)**

2. \_\_\_\_\_ YOUR FEELINGS.

*“The Lord gave us mind and conscience; we cannot hide from ourselves.”*

**Proverbs 20:27 (GNB)**

3. \_\_\_\_\_ GOD TO HELP YOU DEAL WITH HOW YOU FEEL.

*“I think you ought to know, dear brothers, about the hard time we went through in Asia. We were really crushed and overwhelmed, and feared we would never live through it. We **felt** we were doomed to die and saw how powerless we were to help ourselves; but that was good, for then we put everything into the hands of God, who alone could save us, for he can even raise the dead. And he did help us and saved us from a terrible death; yes, and we expect him to do it again and again.”* **2 Corinthians 1:8–10 (LB)**

I will allow \_\_\_\_\_ and others to help me \_\_\_\_\_ from my  
grudges, guilt and grief.

### My Next Steps Today:

- ✓ I will memorize Psalm 147:3 (NIV)
- ✓ I will have 15 minutes of quiet time daily
- ✓ I am accepting Christ for the first time
- ✓ I am recommitting my life to God
- ✓ I want to Join the New Life Church Family
- ✓ I will forgive \_\_\_\_\_  
for \_\_\_\_\_
- ✓ I will receive God's forgiveness for  
\_\_\_\_\_
- ✓ Sign me up for grief support

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## **Psalm 23: God's Peace in Stressful Times**

Join us on our Prayer Line by calling (480)660-2242.  
Enter access code, 1919#. The prayer line is open daily from  
6am-7am CST.

You may honor God with your tithes and offerings by visiting our  
website, [www.newlifeestl.org](http://www.newlifeestl.org) and clicking on the "GIVING" link.