

# The Message



*NewLife*  
CHURCH CRAWLEY

# *From Grief to Growth*

*NewLife*  
CHURCH CRAWLEY

*getting through what you're going through....*

## **Getting Through Life's Losses**





We need a new 'transition toolkit' for navigating uncertain times, times of loss grief and disappointment.

2 CORINTHIANS 1:3-11

**We can get through life's sorrows in  
PEACE BECAUSE WE KNOW WE  
CAN BE COMFORTED**

## ***DID YOU KNOW?***

- 1 in 4 young people feel “unable to cope with life” since the start of the pandemic (The Prince’s Trust Tesco Youth Index)
- Nearly 66% of children aged 10-11 say they worry ‘all the time’
- 1 in 5 children in the UK face food insecurity – one of the highest rates in Europe



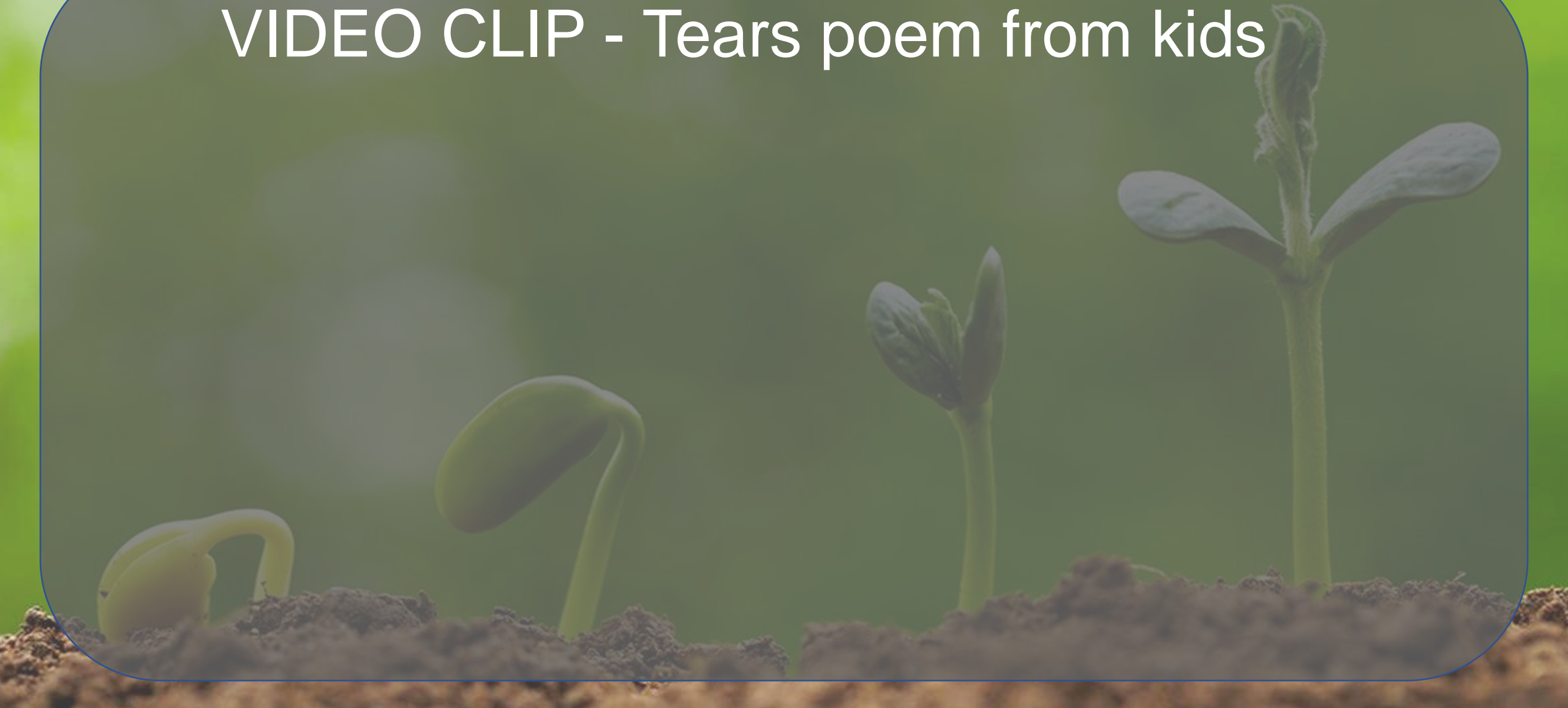
# GOD PROMISES:

“When you go through deep waters, I will be with you!  
When you pass through rivers of difficulty, you will not  
drown! When you walk through the fire, you will not be  
burned up; it will NOT consume you!”

Isaiah 43:2

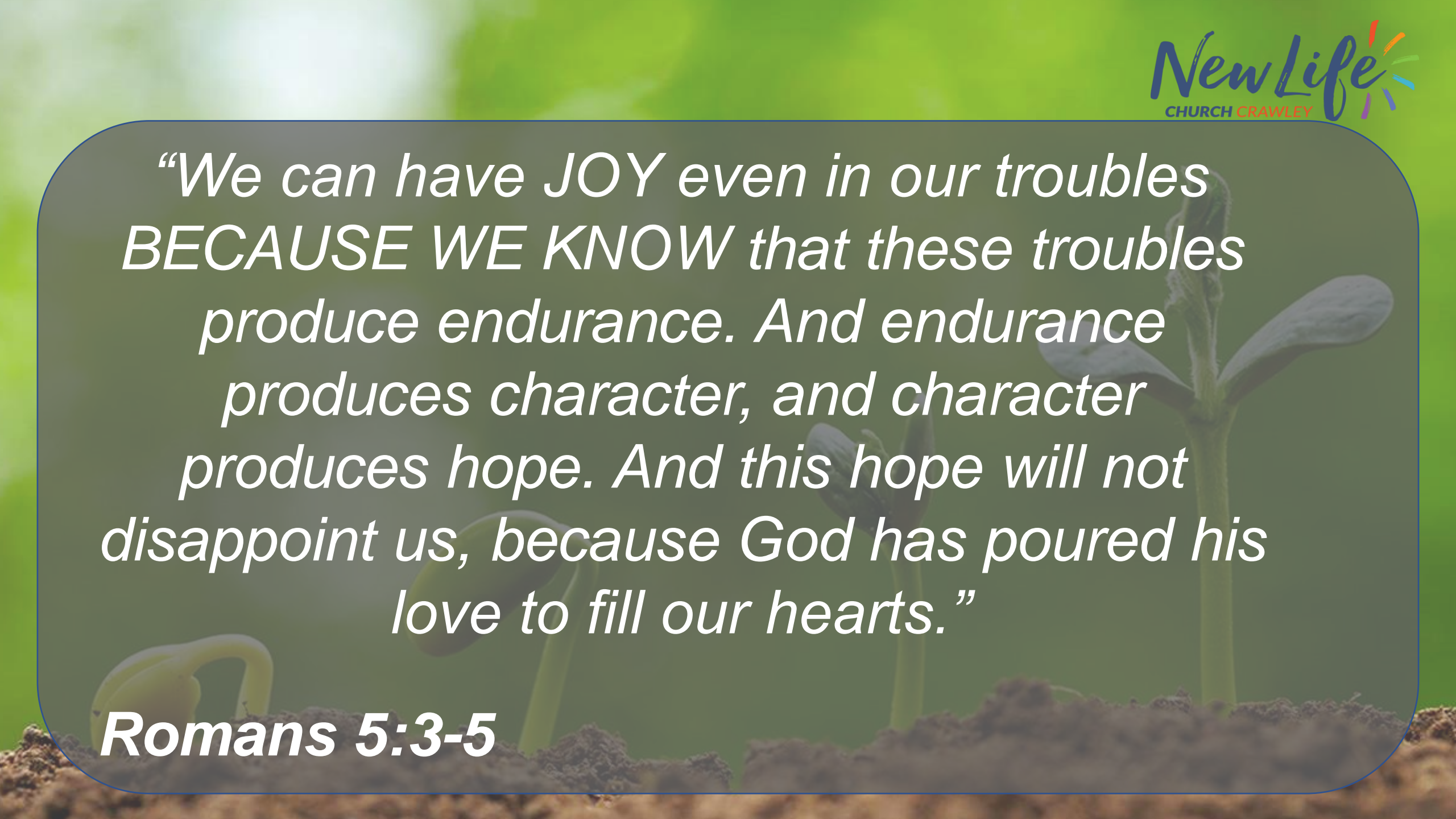
- Psalms 18:31-32

# VIDEO CLIP - Tears poem from kids



**We can get through life's sorrows in  
JOY BECAUSE WE KNOW  
WE CAN ENDURE**



The background of the slide is a photograph of several small green seedlings with two leaves each, growing out of dark brown soil. The seedlings are at different stages of growth, with some being taller and more developed than others. The background is a soft-focus green, suggesting a natural outdoor setting.

*“We can have JOY even in our troubles  
BECAUSE WE KNOW that these troubles  
produce endurance. And endurance  
produces character, and character  
produces hope. And this hope will not  
disappoint us, because God has poured his  
love to fill our hearts.”*

***Romans 5:3-5***

## Necessary Endings, Henry Cloud Embrace the Grief p.217

*“Sorrow can come from endings in our life  
You have to look at the experience and  
break it apart.”*

# Necessary Endings, Henry Cloud Embrace the Grief p.217

**POSITIVE:** What was good about it? (the relationship)

**NEGATIVE:** What needs eliminated from our life?

*“The pain, the bitterness, the feelings of failure, loss and grief, and the resentment all need to be eliminated and left behind. But left behind consciously, as opposed to just denied and forgotten.”*



# VIDEO CLIP – Puppet sketch with Bertie



**We can get through life's sorrows in  
HOPE BECAUSE WE KNOW  
ITS NOT THE END.**

*“We often suffer, but we’re never crushed. Even when we don’t know what to do, we never give up. In times of trouble, God is with us, and when we are knocked down, we get up again... BECAUSE WE KNOW God raised the Lord back to life. And just as he raised Jesus, he will also raise us back to life, and will bring us into his presence together.”*

**2 Corinthians 4:8-9, 14**



- 1 Corinthians 15:43
- 2 Corinthians 4:18

*“Then God will wipe every tear from their eyes. And there will be no more death or mourning or crying or pain, for the old order of things will pass away.”*

**Revelation 21:4**

# SURVIVING LIFES SORROWS

- **CONNECT TO OTHERS**

“A friend loves at ALL times, and a brother is born for adversity.” Proverbs 17:17

Ecclesiastes 4:9-12 (LB)

## CONNECT TO OTHERS

- Picnic today in the Garden
- Men – Tilgate Driving Range Thursday night 7pm (contact David)
- Fun Day – Sunday 18th July at Creasys Drive Adventure Area
- Emotionally Healthy Woman Material – After summer



# SURVIVING LIVES SORROWS

- CONNECT TO OTHERS
- CONNECT TO GOD

*“Blessed are those who trust in the Lord and have made the Lord their hope and confidence. They are like trees planted along a riverbank, with roots that reach deep into the water. Such trees are not bothered by the heat or worried by long months of drought. Their leaves stay green, and they go right on producing delicious fruit.”* Jeremiah 17:7-8 (NLT)

# SURVIVING LIVES SORROWS

- **CONNECT TO GOD**

*"Live in vital union with him. Let your roots grow down into him and draw up nourishment from him. See that you go on growing in the Lord, and become strong and vigorous in the truth..."*

**Colossians 2:6-7 (Living Bible)**

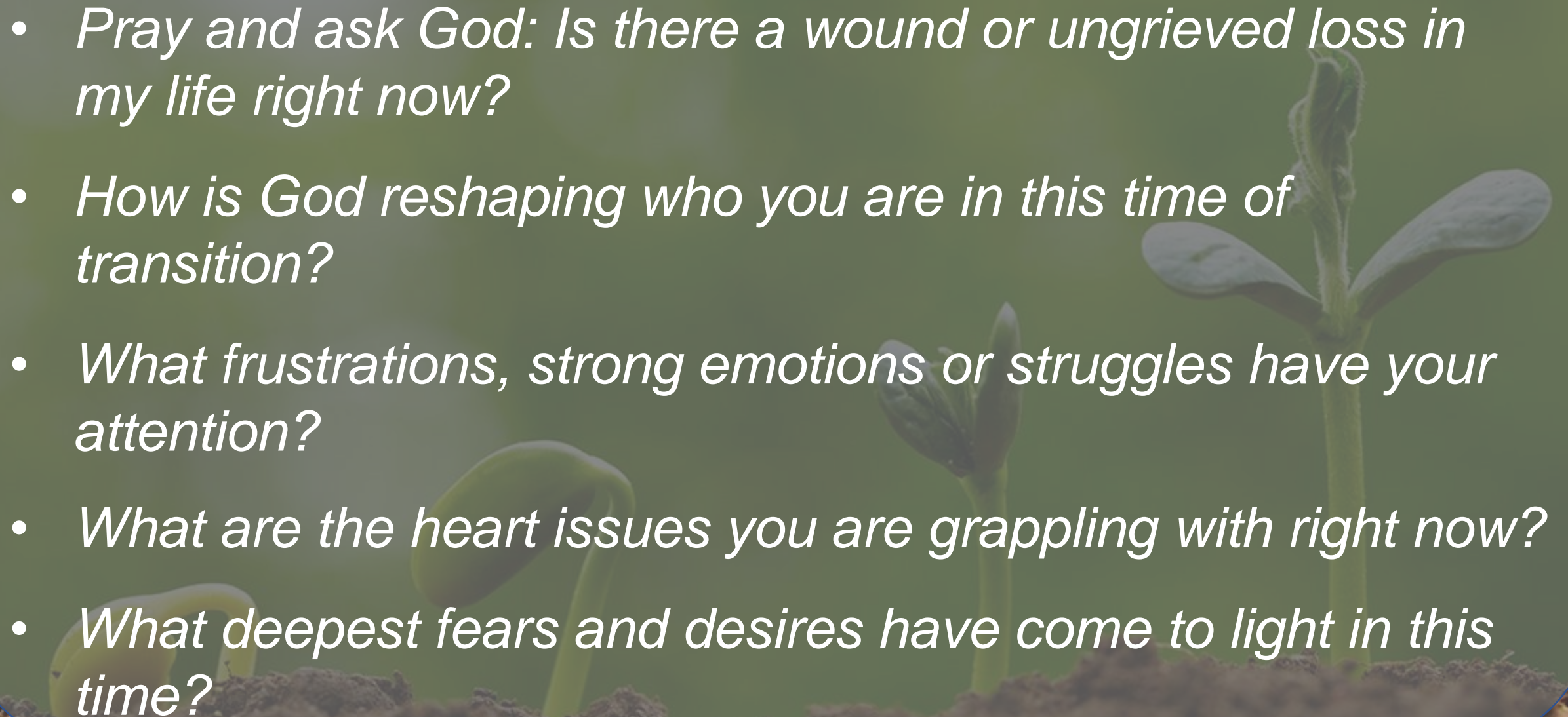
# CONCLUSION:

*How can we respond?*

*Is there anywhere we  
need a course correction?*



## REFLECTION QUESTIONS:

- *Pray and ask God: Is there a wound or ungrieved loss in my life right now?*
  - *How is God reshaping who you are in this time of transition?*
  - *What frustrations, strong emotions or struggles have your attention?*
  - *What are the heart issues you are grappling with right now?*
  - *What deepest fears and desires have come to light in this time?*
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- The background of the slide features a close-up photograph of several small green seedlings with two leaves each, growing out of dark brown soil. The image is slightly blurred and has a soft, natural light quality, serving as a metaphor for growth and reflection.