



Staying Emotionally Healthy in a Crazy World

Burslem  Church

What Now? Dealing with Loss

Listen to the message [‘What Now?’](#)

Read 2 Kings 2

Even though Elisha is expecting to lose Elijah, he still grieves. He feels the grief of losing his friend.

When you lose someone important or something important in your life, it’s important to grieve.

In the midst of Elisha’s grief, God was still there. Charles Spurgeon says:

‘Elijah may have gone, but God is still there.’

In the midst of Elisha grief, when he is suffering denial, anger and pain, God turns up.

Then Elisha moves from where he is. He steps forward, across the river, the path that God has made for Him.

Application

1. How do you react in times of loss?
2. During times of loss, how has God revealed himself to you?
3. How can you support those who are suffering loss at this time?
4. Who can ‘plod’ with you, to help you during time of loss?

If you are suffering from loss at this time and struggling. Please get in touch with us, we are support you during this time.

Recommended reading

Good Grief, Malcolm Duncan, <https://www.eden.co.uk/shop/good-grief-5086909.html>