Hearing Scripture Speak into Your Sorrow Nancy Guthrie

1. Matthew 26:38: "My soul is overwhelmed with sorrow to the point of death."

2. John 9:3: "Neither this man nor his parents sinned, but this happened so that the work of God might be displayed in his life."

3. 2 Corinthians 12: "My grace is sufficient for you; for my power is made perfect in weakness."

4. Revelation 1:17-18: "Don't be afraid! I am the First and the Last. I am the living one. I died, but look—I am alive forever and ever! And I hold the keys of death and the grave."

5. Matthew 11:28: "Come to Me, all you who are weary and burdened, and I will give you rest."

Questions to consider:

- Have I used the suffering in my life as an excuse to avoid God or an opportunity to pursue God?
- Am I too stuck on what caused the suffering in my life so that I'm unable to embrace the purpose God has for the suffering in my life?
- In what ways have I experienced the grace of Jesus in my suffering?

• How does the reality that "every day of my life was written in your book before one of them came to be" impact how I see the hard and hurtful things that have happened in my life?