

**Podcast Worksheet**  
**When Life Falls Apart: Thoughts, Expectations, and Considerations**

**Scriptural Texts:**

Psalm 34:18; 46:1-3; 84:2; Revelation 21:4

**Main Points:**

1. Accept that everyone has questions that can't be answered when they experience a painful loss.
2. Avoid thinking lies about your value, God's love, and his desire and ability to help you.
3. Don't push God away. He is your help and your hope. He is your comforter.
4. Rest in the truth about God that you do know, allowing that to comfort and strengthen you.
5. Do not let Satan steal your thoughts and tempt you to think lies. Lies separate you from God, which is Satan's goal.
6. Anger is a normal part of loss. Express your anger, but focus it in the appropriate direction, i.e. Satan, our evil world, death, disease, etc.
7. Remember that God didn't cause your pain, but he will be with you in it.
8. It is important to engage in the healing process, at some point, otherwise you might fall into bitterness. Time heals nothing, but Jesus heals everything.
9. When we're suffering, we need white space (empty time, not staring at any screen), in order for our heart, mind, body, and soul to process the pain and loss. Being busy works against healing.
10. Positive things to do might include: being with helpful people, being outdoors, walking in natural settings, being near water, music, creating something, making something more beautiful.
11. Healing takes energy, so it is necessary to eliminate anything that isn't essential.
12. Avoid looking down the road; it's too overwhelming.

**Questions:**

1. What lies have you been tempted to believe as a result of your painful event? What is the truth?
  
2. What did you hear in this podcast that will help your mind stay in a healthy, productive place?
  
3. List several steps you can incorporate into your life that will allow some white space to process what is happening to you, as well as helpful activities.

**Prayer of Response:**

Lord God, please come and be my comforter now. I need you. Please forgive me for believing lies about your love for me and your goodness. Help me make better choices about my thoughts and how I use my time. I need your guidance. In Jesus name, amen.

Commitment: After prayerful meditation on this podcast, I am going to \_\_\_\_\_

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