

# When life gets HARD!

## Five ways God brings **meaning**

Sermon Outline - February 4, 2018

1. Story of Sheryl Sandberg and the writing of Option B with Adam Grant.

2. What does our good God do for us when life gets hard?

As God brings meaning to our loss and suffering, we take steps forward on the path to recovery, build greater resilience, and take back joy.

February 4 - *When Life Gets Hard God Brings Meaning*

February 11 - *When Life Gets Hard God Brings Personal Strength*

February 18 - *When Life Gets Hard God Brings Greater Appreciation*

February 25 - *When Life Gets Hard God Brings Deeper Relationships*

March 4 - *When Life Gets Hard God Brings More Meaning in Life*

March 11 - *When Life Gets Hard God Brings New Possibilities*

3. Two “stakes in the ground” at the start of this series:

#1

#2

4. **Three False Pits** that work to stunt our recovery, hinder building resilience, and keep us from taking back joy when we experience loss and suffering:

**First False Pit:** \_\_\_\_\_ is the mindset that I am at fault for my loss and suffering.

**Second False Pit:** \_\_\_\_\_ is the mindset that the aftershocks of a hard event will last forever.

**Third False Pit:** \_\_\_\_\_ is the mindset that a hard event will affect all areas of my life.

5. What is the way forward out of these false pits?

6. Next Steps: