




# WHY?

# 6 SESSION

**“WHY, GOD? WHY? IT’S SO UNFAIR. Please hear my cry and answer me!”**  
You likely have many questions surrounding your loved one’s death. God wants you to bring those questions to Him.

As you view the video and complete your **FROM MOURNING TO JOY** and **MY WEEKLY GRIEF WORK** exercises, you’ll have a more focused understanding of:

-  God wants you to share your feelings with Him
-  Why being honest with God is an expression of faith
-  What God has to say to you about your “why” questions

## VIDEO OUTLINE

Use this outline to write down important concepts, encouraging words, or questions you have while viewing the video.

## BE HONEST WITH GOD

Lament (Job 3:20–21, 3:25–26, Psalm 22:1, 56:8)

It’s an expression of faith

“A lament is a cry to Someone who is there.” –Phil Sasser

## **WRONG ASSUMPTIONS**

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Intensify our pain

### **Intensify Our Pain**

“Good people don’t suffer”

“My plan is God’s plan”

## **GOD’S RESPONSE TO JOB**

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“Do you know who I am?” (Job 42:3b, 5)

## **“I STILL WANT ANSWERS!”**

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Must God respond? (Job 38:4, Deuteronomy 29:29)

Are explanations helpful? (Job 38–41)

“I can put my focus on the answers God has already given me.” –Dr. Stephen Viars

## GOD'S CHARACTER

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A source of strength

### A Source of Strength

God is sovereign (Job 13:15a)

God is good (1 John 4:10, John 3:16)

God understands (Psalm 147:5, John 11:35)

## TRUSTING WITHOUT ANSWERS

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Dave & Sue's story (Psalm 139:16)

### In this week's From Mourning to Joy exercises ...

When God didn't answer her prayer to heal her son, Vaneetha questioned God and had to choose whether or not she was going to trust Him. Find out how to put yourself in the position to have an accurate view of who God is and what He's promised.

"God is utterly trustworthy, and with that we can be satisfied" --Hank Hanegraaff



# FROM MOURNING TO JOY

## ENCOURAGEMENT AND COMFORT FROM GOD'S WORD

### Session Six - Why?



#### VANEETHA: "HOW COULD GOD DO THIS?"

*"One thing I'd thought before our son died was if you live right, God's going to do well by you. I thought for God to love me meant He was going to save my loved one. When Paul died, that sort of shattered. It felt so unfair. I had been faithful to God. How could God do this? I had begged God not to let my son die, and God did."*

When we go through major suffering, we cry out, "Why?" and our beliefs about God can come into question. Put yourself in the position to find out the truth about who God is and whether He can be trusted. This is key to finding healing and comfort. This week's study will show you how to do that.

#### DAY 1

#### Being real with God

*"To lament is basically to say to God, 'Let me tell You where I am right now.'"*

—Dr. Larry Crabb

#### GOD'S MESSAGE TO YOU

*"I prayed, with hands lifted toward heaven, but my soul was not comforted. I think of God, and I moan, overwhelmed with longing for his help. You don't let me sleep. I am too distressed even to pray!*

*"I think of the good old days, long since ended, when my nights were filled with joyful songs. I search my soul and ponder the difference now. Has the Lord rejected me forever? ... Have his promises permanently failed?" (Psalm 77:2b-8 NLT)*

1. Why do you think God wants you to know that godly people have cried out to Him and felt as if He wasn't listening?

2. Have you avoided being completely honest with God about your grief? If so, why?

3. What, if anything, has disappointed you about the amount of comfort you've received from God?

#### CONSIDER THIS

*"Lamenting is a very healthy thing to do. As I lament, I'm pouring out my heart to God, and it is an action of worship, because I only cry out to people who I really believe can do something about it."*

—Dr. Stephen Viars

Go through your workbook and use the laments found in the Psalms as your personal prayers.

## TALKING TO GOD

Lord, thank you for letting me be honest with You. I have so much pain and confusion, and there's nowhere else to turn. Help me understand who You are and what You're doing.

**DAY  
2**

### I need to know Why!

God doesn't answer all our questions. Some things we're just not going to know. We have to be okay with that.

### GOD'S MESSAGE TO YOU

*"The secret things belong to the LORD our God, but the things revealed belong to us and to our children forever, that we may follow all the words of this law."* (Deuteronomy 29:29)

1. What questions have you been repeating to God that you don't have answers to?
2. Why do you think God wants you to know there are some things He's chosen not to reveal to you?
3. Based on Deuteronomy 29:29, what is God's motivation for revealing truth to you?

### CONSIDER THIS

*"I can either put my focus on the answers God has already given me, or I can put my focus on the one [why] question that's not answered in the Scripture, and, therefore, ignore all the value He's given me in the Word." –Dr. Stephen Viars*

## TALKING TO GOD

God, help me to accept the fact that You're not going to answer all of my questions. Help me to value, even treasure, the answers You have shared with me. Give me the strength to put Your words into action, obeying what You command and trusting Your ways, so I might experience Your comfort.

**DAY  
3**

### I still need to know Why!

The details of God's plans are way too much for us to comprehend. And would we really want to trust in a God who can be fully understood by mere man? Or would we rather trust in a God who is powerful enough to deliver on what He's promised?

### GOD'S MESSAGE TO YOU

*"LORD, my heart is not proud; my eyes are not haughty. I don't concern myself with matters too great or too awesome for me to grasp. Instead, I have calmed and quieted myself, like a weaned child who no longer cries for its mother's milk. Yes, like a weaned child is my soul within me."* (Psalm 131:1-2 NLT)

1. What is the difference between asking God questions and demanding answers?
2. What evidence does the psalmist give that he is not proud (see Psalm 131:1-2)?

3. How does it strike you that it could be considered prideful to demand answers from God?

*"It felt so unfair" –Vaneetha*



4. What kind of attitude should you have as you pursue God for answers to your “why” questions?

### CONSIDER THIS

*“God hates death. God says, ‘It’s wrong; it stinks; it wasn’t supposed to be this way.’ God is saying, ‘I have a plan that will bless you and help you. And I have not ignored your loved one.’” –Susan Lutz*

### TALKING TO GOD

God, it feels like answers to my “why” questions would help me heal. Help me to remember that’s not necessarily true. Please make it easier for me to recognize my limitations. And make me willing to accept the answers You have given regarding the whys of suffering and death.

**DAY**  
**4**

#### Do I have wrong assumptions about God?

Before your loved one died, you had certain beliefs about God and His role in people’s lives. Now your beliefs have been put to the test, putting you in a position of

- a. turning from God and trying to control life on your own;
- b. trusting in what you’ve always believed to be true about God;
- c. finding out the truth of who God is and whether He can be trusted.

### GOD’S MESSAGE TO YOU

*“[The LORD] said to Eliphaz the Temanite, ‘I am angry with you and your two friends, because you have not spoken the truth about me, as my servant Job has.’” (Job 42:7b)*

*Jesus helps us know exactly what God is like: “[God] has spoken to us through his Son ... The Son radiates God’s own glory and expresses the very character of God.” (Hebrews 1:2b–3a NLT)*

1. In Job 42:7b, God is angry at Job’s friends because they didn’t speak the truth about Him. On a scale of 1–10, how sure are you that your beliefs about God and how He operates are accurate (1 being uncertain about the accuracy of your beliefs, and 10 being completely sure your beliefs are accurate)?

1 2 3 4 5 6 7 8 9 10

2. According to Hebrews 1:2b–3a, how does looking at Jesus’s life help you to have an accurate view of what God is like?

3. What will you do to find out the truth of who God is?

### CONSIDER THIS

*“We may not get direct answers to our questions on this side of life, but the answers reside in who God is in His character, in what we know to be true about God.” –Dr. Joseph Stowell*

### TALKING TO GOD

God, I need to know who You really are, what You’re doing, and whether You can be trusted. Help me to open my ears and hear what You are saying to me.

**DAY**  
**5**

#### The key to healing and hope

The more you understand about God’s character, the more progress you’ll make in your healing.

*“I don’t want suffering, but suffering has done the deepest work in my life” –Vaneetha*

## GOD'S MESSAGE TO YOU

*"Then Job replied to the LORD: 'I know that you can do all things; no purpose of yours can be thwarted. You asked, "Who is this that obscures my plans without knowledge?" Surely I spoke of things I did not understand, things too wonderful for me to know ... My ears had heard of you but now my eyes have seen you.'" (Job 42:1-5)*

1. After the death of his children and the loss of his livelihood, health, and possessions, Job questioned God. But after Job's lamenting, what does he realize about God (see Job 42:1-5)?

2. How has your view of God changed since your loved one's death?

3. What does Job realize about himself (see Job 42:1-5)?\*

\* Read page xii to find out how God can be your loving Savior and comforter in the midst of deep pain and suffering.

## CONSIDER THIS

*"The Bible presents God as One who is completely sovereign over the affairs of men. And that's the kind of God I want to trust. Because if He's sovereign over my life today, that means He can be sovereign over my life in eternity." –Dr. Stephen Viars*

God has not forgotten you, nor your loved one. He has a plan and purpose that is good and that is still being played out.

## TALKING TO GOD

God, I want to rest in Your perfect plan for my life, my loved ones' lives, and for eternity.  
Help me to trust You.

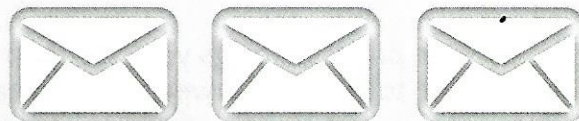
## VANEETHA: LOOKING BACK

*"There's an incredible comfort in knowing that I'll see [my son] again, but also the fact that there will be no more suffering, no more tears, and no more pain. God has the opportunity then to show me how He's redeemed everything that I've been through. Some of the things that seem so hard now, that we never get answers for, we'll see the bigger picture there [in heaven]."*\*x

\* The Natalie Grant song "Held" was written based on Vaneetha's story of the death of her infant son.

## NEXT SESSION

Learn what to do with regrets, guilt, bitterness, and anger.



## FREE DAILY EMAIL ENCOURAGEMENT

SIGN UP FOR "A SEASON OF GRIEF."  
RECEIVE AN UPLIFTING EMAIL MESSAGE EACH  
DAY FOR A YEAR.

*"I look for the wonderful, inspirational messages I get from you in the morning. Your thoughts are much better than what runs through my head during this time."*

*"They helped me through despair, anxiety, many tearful days."*

**GRIEFSHARE.ORG**

GRIEF SHARE

*"It's such a huge shift in my understanding of God." –Vaneetha*



# MY WEEKLY GRIEF WORK

## Session - Six

### PERSONAL CHECKUP - TRACK YOUR HEALING PROGRESS

Place a check in the box identifying how you're feeling. Insert words to explain why.

	REALLY BAD	OKAY	PRETTY GOOD	GREAT
EMOTIONALLY				
PHYSICALLY				
SPIRITUALLY				
RELATIONALLY				

### JOURNAL TOPICS - MAKING SENSE OF IT ALL

Choose the idea below, or choose your own topic. We encourage you to use a separate notebook for your weekly journaling.

- This week you learned about the importance of lamenting. Use your journal to cry out to God with all the questions, hurt, anger, and confusion that is plaguing you.

### MOVING FORWARD - PRACTICAL STEPS TOWARD HEALING

#### HOW TO DEAL WITH ALL YOUR QUESTIONS

*"I have calmed and quieted myself."* (Psalm 131:2a NLT)

Listed below are practical things you can do to "calm and quiet yourself" when you're stressed. Mark one or two to try out this week. Underneath, write how you plan to implement those ideas.

- Make a to-do list with three items each day, and only concentrate on one at a time.
- Exercise.
- Eat healthy food.
- Don't look too far into the future. Focus on today.
- Write in your journal.
- Talk with others.
- Meditate on Scripture.
- Pray.
- Trust that God has provided you with the resources to handle your new normal, instead of focusing on where you feel inadequate.

Plans to put into action:

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