

HOW PEOPLE CHANGE  
**GOOD GRIEF**  
*Lamentations 3:16-27*

Grief is a \_\_\_\_\_.

**Four Ways We Grieve:**

1. \_\_\_\_\_
2. \_\_\_\_\_ ( \_\_\_\_\_ )
3. \_\_\_\_\_
4. \_\_\_\_\_

**Big Question:** Will grief \_\_\_\_\_ you for the  
\_\_\_\_\_ or for \_\_\_\_\_?

**A Better Way to Grieve:** \_\_\_\_\_

1. \_\_\_\_\_ to \_\_\_\_\_.
2. \_\_\_\_\_ what is \_\_\_\_\_.
3. \_\_\_\_\_ + \_\_\_\_\_ hope.