

S H A D O W L A N D S

SHADOWLANDS

Welcome to the Journey through Shadowlands Sunday School Curriculum. Pastor Jordan Rimmer and Pastor Chris Thomas are so excited that you are going on this journey with us.

In life, we are sometimes forced to walk through shadowlands. We can get scared, lost, and angry as pain, suffering, and grief surround us. We must learn to understand, navigate, and journey through the valley of the shadow of death. Most importantly, we must remember that we are not alone. Christ is with us and we are with each other.

Before you get started, we wanted to give you some tips for having a great group experience. This is especially important for this curriculum, because we will be talking about some difficult topics that people sometimes avoid talking about.

The biggest goal for you, as a leader and a group, is to set up a safe environment where people can engage in their own way. Some may want to speak. Some may want to listen. The challenge is to balance everyone's engagement so that everyone can get the most out of the time.

Here are some practical tips for your group

•*Sequence your questions well.* Many people, at the end of a teaching, automatically ask what people learned. Most of the time the honest answer is: Nothing. People need to process to learn. A good model is to ask what, so what, then now what. What did the speaker say and what did the speaker mean? Then move to so what does that mean for me, or what is the larger principle? Finally, what do I do with this information? It could also be put as understanding, meaning, then application. Keep them in order.

•*Ask one, clear question at a time.* Many times people rapid fire 3-4 questions at once, but the problem with doing this is that the brain is then processing the questions, not the answers. Ask one question at a time, and give people space to think of the answer. We give you too many questions in this book, so pick a couple ahead or in the moment that fit well and ask them clearly.

•*Follow the energy.* If the group wants to talk about something then follow the energy. Don't shut down good conversation because of your agenda. Trust the Holy Spirit in the rabbit trails.

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• *Give space for people to think.* As people, we fear awkward silences. Don't. Sometimes we need silence to let us think. Don't rush to fill pauses in conversation.

• *Deepen the conversation with follow up questions.* If someone answers, ask "Tell me more" or "give me an example of that." These questions are gold for small group discussions.

• *Let everyone talk.* Some people are more than happy to keep talking, but this can force the quiet ones to stay quiet. You may have to ask people to have a time limit on their thoughts or ask people to pipe in a limited number of times. Sometimes in small groups we get to practice accountability and truth telling with those who are dominating the conversation.

• *Whip around the table.* One way to get everyone to safely talk is to do a "whip around the table." You can ask everyone to give a one word response to the video, or a five word description of their takeaway from the discussion. This goes fast and involves everyone even if they are shy.

• *Don't make everyone talk.* If someone does not want to talk, respect their choice. If they are going to talk,

it needs to be because they want to, not because you forced them to.

•*Pair and Share*. This is another great tool. Ask people to get into groups of two or three to share or respond. This is the best way to get at more personal stories, and some people who won't share in the group will share in a pairing. You can then have the group report back from their discussions.

Here is the basic outline of a session

Kick-Off Conversation

Opening Prayer

Video

Understanding- What?

Meaning- So What?

Application- Now What?

Closing Prayer

In addition, each week has “other resources.” These are additional websites, articles, and books that could be consulted for the discussion or could be used in devotions through the week.

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Finally, at the end of this booklet is a list of scriptures related to this topic. We hope this treasury is helpful for your own study. We suggest you take the scriptures that are meaningful to you and read them in their larger context as part of your personal devotions.

We pray this journey is significant in your life's story!

For more information on being a healthy small group, check out:

- <https://www.ngrahamstandish.org/small-group-resources>
- *“Making Small Groups Work”* by Henry Cloud and John Townsend

Credits

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Email- jrimmer@pts.edu

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Sermon Site- pastorchristhomas.podbean.com

Thank you to Radical Face for the music from their album “Missing Film”

Opening Prayer adapted from prayers by N. Graham Standish <https://www.ngrahamstandish.org/board-and-committee-studies>

Thanks to Two Rivers Coffee, Cunningham Funeral and Cremation Services, Randy and Jan Sumner for filming locations

Thanks to Randy Bruder for editing and video work

S H A D O W T. A N D S

Psalm 88

A Song. A Psalm of the Korahites. To the leader: according to Mahalath Leannoth. A Maskil of Heman the Ezrahite.

O Lord, God of my salvation,
when, at night, I cry out in your presence,
let my prayer come before you;
incline your ear to my cry.
For my soul is full of troubles,
and my life draws near to Sheol.
I am counted among those who go down to the Pit;
I am like those who have no help,
like those forsaken among the dead,
like the slain that lie in the grave,
like those whom you remember no more,
for they are cut off from your hand.
You have put me in the depths of the Pit,
in the regions dark and deep.
Your wrath lies heavy upon me,
and you overwhelm me with all your waves. Selah
You have caused my companions to shun me;
you have made me a thing of horror to them.
I am shut in so that I cannot escape;
my eye grows dim through sorrow.

Every day I call on you, O Lord;
I spread out my hands to you.
Do you work wonders for the dead?
Do the shades rise up to praise you? Selah
Is your steadfast love declared in the grave,
or your faithfulness in Abaddon?
Are your wonders known in the darkness,
or your saving help in the land of forgetfulness?
But I, O Lord, cry out to you;
in the morning my prayer comes before you.
O Lord, why do you cast me off?
Why do you hide your face from me?
Wretched and close to death from my youth up,
I suffer your terrors; I am desperate.
Your wrath has swept over me;
your dread assaults destroy me.
They surround me like a flood all day long;
from all sides they close in on me.
You have caused friend and neighbor to shun me;
my companions are in darkness.

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KICK-OFF CONVERSATION

When have you been surprised by bad news or an unclear future? Do you remember the shock?

What questions did you have that could not be answered?

OPENING PRAYER (In Unison)

Gracious God—Father, Son, and Holy Spirit: We are here to meet you and learn from you. We open our hearts and minds to your guidance. Help us to have the meekness of mind to seek your thoughts over our own thoughts; to have the humility of heart to seek one will—Your will; to have the Serenity of the Spirit to let your peace be our peace, no matter what transpires. Meet us in this time. Amen.

GROUP INTRODUCTION

PLAY VIDEO 1, “Plunged Into Darkness”

UNDERSTANDING (WHAT?)

What were your initial reactions to the story?

What would you do in the same situation as Spafford?

What was Pastor Chris trying to get you to think about?

How did the Psalm connect with the video?

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Now that you have heard the story of Horatio Spafford, read the words to his great hymn- “It is Well”- with fresh eyes, and see what they mean to you.

*When peace, like a river, attendeth my way,
When sorrows like sea billows roll;
Whatever my lot, Thou hast taught me to say,
It is well, it is well with my soul.*

*It is well, with my soul
It is well, it is well with my soul.*

*Though Satan should buffet, though trials should come,
Let this blest assurance control,
That Christ hath regarded my helpless estate,
And hath shed His own blood for my soul.*

*My sin, oh the bliss of this glorious thought!
My sin, not in part but the whole,
Is nailed to His cross, and I bear it no more,
Praise the Lord, praise the Lord, O my soul!*

*For me, be it Christ, be it Christ hence to live:
If Jordan above me shall roll,
No pain shall be mine, for in death as in life
Thou wilt whisper Thy peace to my soul.*

*And Lord haste the day, when the faith shall be sight,
The clouds be rolled back as a scroll;
The trump shall resound, and the Lord shall descend,
Even so, it is well with my soul.*

.S H A D O W L A N D S

MEANING (SO WHAT?)

Pair and Share: Tell a story of a time when you felt deep loss and how you felt. Could you sing “it is well with my soul” in those moments?

What questions or observations do you have?

What from this video would you tell to someone going through their own Shadowlands?

APPLICATION (NOW WHAT?)

What was your biggest takeaway from this lesson and discussion?

What action do you want to take after this lesson?

CLOSING PRAYER (In Unison)

Lord, as we leave this place and journey through our own Shadowlands, bless each of us

...the gift of PERSPECTIVE, that we may see things as you see them.

...the gift of FAITH, that we may still follow you in the middle of our doubt.

...the gift of COURAGE, that we may continue to follow you in the darkness.

...and the gift of HOPE, that we may rest and refresh in your presence and future victory.

Amen.

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OTHER RESOURCES

Spafford's Wikipedia

https://en.wikipedia.org/wiki/Horatio_Spafford

The Library of Congress archive of Spafford's story

<https://www.loc.gov/exhibits/americancolony/amcolony-family.html>

NOTES FROM WEEK ONE

.S H A D O W T. A N D S

Psalm 142

A Maskil of David. When he was in the cave. A Prayer.

With my voice I cry to the Lord;
with my voice I make supplication to the Lord.
I pour out my complaint before him;
I tell my trouble before him.
When my spirit is faint,
you know my way.
In the path where I walk
they have hidden a trap for me.
Look on my right hand and see—
there is no one who takes notice of me;
no refuge remains to me;
no one cares for me.
I cry to you, O Lord;
I say, “You are my refuge,
my portion in the land of the living.”
Give heed to my cry,
for I am brought very low.
Save me from my persecutors,
for they are too strong for me.
Bring me out of prison,
so that I may give thanks to your name.
The righteous will surround me,
for you will deal bountifully with me.

KICK-OFF CONVERSATION

When have you been angry with God?

Describe a time when God acted or didn't act in a way that you could not understand and made you mad.

OPENING PRAYER (In Unison)

Eternal God – Father, Son, and Holy Spirit: You have called us to this study for a reason. Help us to surrender our hearts and minds to you; To humbly seek your voice; To boldly do your will; To compassionately share your love; And to faithfully be your servants. Bless all that we do, so that we can do what you bless. Meet us in this time. In Christ's name we pray. Amen.

PLAY VIDEO 2, “Reacting to the Darkness”

.S H A D O W T. A N D S

UNDERSTANDING (WHAT?)

What were your initial reactions to the story?

What would you do in the same situation as Joni Eareckson Tada?

How did the Psalm connect with the video?

What was Pastor Jordan trying to get you to think about?

If you got bold enough to say anything to God, what would you say? What would you ask?

In 2017, Joni wrote an article for the Gospel Coalition reflecting on the 50th anniversary of her diving accident. Jordan made reference to this thought in the video, but here is the larger quote. React to it.

Back in the '70s, my Bible study friend Steve Estes shared ten little words that set the course for my life: "God permits what he hates to accomplish what he loves." Steve explained it this way: "Joni, God allows all sorts of things he doesn't approve of. God hated the torture, injustice, and treason that led to the crucifixion. Yet he permitted it so that the world's worst murder could become the world's only salvation. In the same way, God hates spinal cord injury, yet he permitted it for the sake of Christ in you—as well as in others. Like Joseph when he told his brothers, 'God intended [my suffering] for good to accomplish what is now being done, the saving of many lives'" (Gen. 50:20).

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MEANING (SO WHAT?)

Pair and Share: Tell a story of a time when God used a bad thing to bring a good thing out of your life, or a question from when something bad happened and you never saw the good of it.

What questions or observations do you have?

What from this video would you tell to someone going through their own Shadowlands?

APPLICATION (NOW WHAT?)

What was your biggest takeaway from this lesson and discussion?

What action do you want to take after this lesson?

CLOSING PRAYER (In Unison)

Lord, as we leave this place and journey through our own Shadowlands, bless each of us

...the gift of PERSPECTIVE, that we may see things as you see them.

...the gift of FAITH, that we may still follow you in the middle of our doubt.

...the gift of COURAGE, that we may continue to follow you in the darkness.

...and the gift of HOPE, that we may rest and refresh in your presence and future victory.

Amen.

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OTHER RESOURCES

The article quoted in the lesson

<https://www.thegospelcoalition.org/article/reflections-on-50th-anniversary-of-my-diving-accident/>

Joni and Friends' Website

<https://www.joniandfriends.org/>

Joni's Wikipedia

https://en.wikipedia.org/wiki/Joni_Eareckson_Tada

Joni's original autobiography

<https://www.amazon.com/Joni-Unforgettable-Story-Eareckson-Tada/dp/0310240018/>

Joni's book about suffering titled When God Weeps

<https://www.amazon.com/When-Weeps-Joni-Eareckson-Tada/dp/0310238358/>

NOTES FROM WEEK TWO

.S H A D O W T. A N D S

Psalm 13:1-4

To the leader. A Psalm of David.

How long, O Lord? Will you forget me forever?

How long will you hide your face from me?

How long must I bear pain in my soul,

and have sorrow in my heart all day long?

How long shall my enemy be exalted over me?

Consider and answer me, O Lord my God!

Give light to my eyes, or I will sleep the sleep of death,

and my enemy will say, "I have prevailed";

my foes will rejoice because I am shaken.

KICK-OFF CONVERSATION

People have done terrible things to one another in history. From abuse and murder, to Rwanda and the Holocaust, human beings are capable of great evil. What makes someone capable of taking part in these terrible things?

What would you do if you lived in Germany as the abuse of the Nazi party was beginning?

OPENING PRAYER (In Unison)

Holy God, bless us in our time together so that we will be doing your will in everything we do. Help us to put aside our pride and ego that seeks only what we want, so that we can be filled with your Spirit that leads us to want what you want. Hear us in silence as we center ourselves in you and ask you to guide us in this study and conversation..... Amen.

.S H A D O W I. A N D.S

PLAY VIDEO 3, “Walking in Darkness”

UNDERSTANDING- WHAT?

What were your initial reactions to the story?

Would you have the courage, as Bonhoeffer did, to go back to Germany after getting to safety?

How did the Psalm connect with the video?

What was Pastor Chris trying to get you to think about?

In the video, Pastor Chris made reference to some of Bonhoeffer's writing. The essay he referred to was written in April 1933, after the Nazis had boycotted Jewish businesses. The essay, titled "The Church and the Jewish Question," is summarized by the United States Holocaust Memorial Museum in this way. What is your reaction to this argument?

On this point, Bonhoeffer was explicit about the church's obligations to fight political injustice. The church, he wrote, must fight evil in three stages: The first was to question state injustice and call the state to responsibility; the second was to help the victims of injustice, whether they were church members or not. Ultimately, however, the church might find itself called "not only to help the victims who have fallen under the wheel, but to fall into the spokes of the wheel itself" in order to halt the machinery of injustice.

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MEANING- SO WHAT?

Pair and Share: Tell a story of a time when something bad or evil was happening around you. What did it feel like for you? How did you respond?

What questions or observations do you have?

What from this video would you tell to someone going through their own Shadowlands?

APPLICATION- NOW WHAT?

What was your biggest takeaway from this lesson and discussion?

What action do you want to take after this lesson?

CLOSING PRAYER (In Unison)

*Lord, as we leave this place and journey through our own Shadowlands, bless each of us
...the gift of PERSPECTIVE, that we may see things as you see them.*

...the gift of FAITH, that we may still follow you in the middle of our doubt.

...the gift of COURAGE, that we may continue to follow you in the darkness.

*...and the gift of HOPE, that we may rest and refresh in your presence and future victory.
Amen.*

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OTHER RESOURCES

The article from the Holocaust Museum website:

<https://www.ushmm.org/information/exhibitions/online-exhibitions/special-focus/dietrich-bonhoeffer/church-and-jewish-question>

Bonhoeffer's Wikipedia:

https://en.wikipedia.org/wiki/Dietrich_Bonhoeffer

A great book titled "Bonhoeffer" by Eric Metaxas:

<https://www.amazon.com/Bonhoeffer-Pastor-Martyr-Prophet-Spy/dp/1595552464/>

NOTES FROM WEEK THREE

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Psalm 119:105-112

Your word is a lamp to my feet
and a light to my path.
I have sworn an oath and confirmed it,
to observe your righteous ordinances.
I am severely afflicted;
give me life, O Lord, according to your word.
Accept my offerings of praise, O Lord,
and teach me your ordinances.
I hold my life in my hand continually,
but I do not forget your law.
The wicked have laid a snare for me,
but I do not stray from your precepts.
Your decrees are my heritage forever;
they are the joy of my heart.
I incline my heart to perform your statutes
forever, to the end.

KICK-OFF CONVERSATION

What often causes depression in you?

When do you feel out of control? How do you respond when you are out of control?

OPENING PRAYER (In Unison)

Gracious God—Father, Son, and Holy Spirit: We are here to meet you and learn from you. We open our hearts and minds to your guidance. Help us to have the meekness of mind to seek your thoughts over our own thoughts; to have the humility of heart to seek one will—Your will; to have the Serenity of the Spirit to let your peace be our peace, no matter what transpires. Meet us in this time. Amen.

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PLAY VIDEO 4, “Surrendering in the Darkness”

UNDERSTANDING (WHAT?)

What were your initial reactions to the story of Spurgeon?

What would you do if you were part of his church when someone yelled fire and 7 people died?

How did the Psalm connect with the video?

What was Pastor Jordan trying to get you to think about?

Pastor Jordan referred to the end of Spurgeon’s essay on “The Minister’s Fainting Fits.” Read the whole paragraph, perhaps a few sentences at a time, and react to it.

The lesson of wisdom is, be not dismayed by soul-trouble. Count it no strange thing, but a part of ordinary ministerial experience. Should the power of depression be more than ordinary, think not that all is over with your usefulness. Cast not away your confidence, for it hath great recompense of reward.

Even if the enemy’s foot be on your neck, expect to rise and overthrow him. Cast the burden of the present, along with the sin of the past and the fear of the future, upon the Lord, who forsaketh not his saints. Live by the day—ay, by the hour. Put no trust in frames and feelings. Care more for a grain of faith than a ton of excitement. Trust in God alone, and lean not on the reeds of human help. Be not surprised when friends fail you: it is a failing world. Never count upon immutability in man: inconstancy you may reckon upon without fear of disappointment.

(continued on next page)

SHADOWS

The disciples of Jesus forsook him; be not amazed if your adherents wander away to other teachers: as they were not your all when with you, all is not gone from you with their departure. Serve God with all your might while the candle is burning, and then when it goes out for a season, you will have the less to regret. Be content to be nothing, for that is what you are. When your own emptiness is painfully forced upon your consciousness, chide yourself that you ever dreamed of being full, except in the Lord. Set small store by present rewards; be grateful for earnest by the way, but look for the recompensing joy hereafter.

Continue, with double earnestness to serve your Lord when no visible result is before you. Any simpleton can follow the narrow path in the light: faith's rare wisdom enables us to march on in the dark with infallible accuracy, since she places her hand in that of her Great Guide. Between this and heaven there may be rougher weather yet, but it is all provided for by our covenant Head. In nothing let us be turned aside from the path which the divine call has urged us to pursue. Come fair or come foul, the pulpit is our watch-tower, and the ministry our warfare; be it ours, when we cannot see the face of our God, to trust under THE SHADOW OF HIS WINGS.

Use this space to react to Spurgeon's words

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MEANING (SO WHAT?)

Pair and Share: Tell a story of a time when you “fainted” emotionally, or courage failed and you felt that you had nothing left to give. How did you come out of that period?

What questions or observations do you have?

What from this video would you tell to someone going through their own Shadowlands?

APPLICATION (NOW WHAT?)

What was your biggest takeaway from this lesson and discussion?

What action do you want to take after this lesson?

CLOSING PRAYER (In Unison)

*Lord, as we leave this place and journey through our own Shadowlands, bless each of us
...the gift of PERSPECTIVE, that we may see things as you see them.*

...the gift of FAITH, that we may still follow you in the middle of our doubt.

...the gift of COURAGE, that we may continue to follow you in the darkness.

...and the gift of HOPE, that we may rest and refresh in your presence and future victory.

Amen.

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OTHER RESOURCES

The full article “The Pastor’s Fainting Fits”

<http://www.freerepublic.com/focus/f-religion/3033033/posts>

A message Pastor John Piper gave on Spurgeon and Adversity

<https://www.desiringgod.org/messages/charles-spurgeon-preaching-through-adversity>

Spurgeon’s Wikipedia Page

https://en.wikipedia.org/wiki/Charles_Spurgeon

A book on depression using the life and writings of Spurgeon titled Spurgeon’s Struggles

<https://www.amazon.com/Spurgeons-Sorrows-Realistic-Suffer-Depression/dp/1781915385/>

NOTES FROM WEEK FOUR

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Psalm 23

A Psalm of David.

The Lord is my shepherd, I shall not want.

He makes me lie down in green pastures;
he leads me beside still waters;
he restores my soul.

He leads me in right paths
for his name's sake.

Even though I walk through the darkest valley,
I fear no evil;

for you are with me;
your rod and your staff—
they comfort me.

You prepare a table before me
in the presence of my enemies;
you anoint my head with oil;
my cup overflows.

Surely goodness and mercy shall follow me
all the days of my life,
and I shall dwell in the house of the Lord
my whole life long.

KICK-OFF CONVERSATION

How do you respond to loss, grief, or pain?

Do you know someone who has been through significantly more pain and suffering than other people you know? What is their attitude and outlook like?

OPENING PRAYER (In Unison)

Eternal God – Father, Son, and Holy Spirit: You have called us to this study for a reason. Help us to surrender our hearts and minds to you; To humbly seek your voice; To boldly do your will; To compassionately share your love; And to faithfully be your servants. Bless all that we do, so that we can do what you bless. Meet us in this time. In Christ’s name we pray. Amen.

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PLAY VIDEO 5, “The Fog in the Valley”

UNDERSTANDING (WHAT?)

What were your initial reactions to the story of Chris’ Grandmother and the flower story?

Could you have the positive outlook that she had?

How does the Psalm connect to the story?

What was Pastor Chris trying to get you to think about?

MEANING (SO WHAT?)

Pair and Share: Tell a story of a time when God used an unusual circumstance to teach you something.

What questions or observations do you have?

What from this video would you tell to someone going through their own Shadowlands?

APPLICATION (NOW WHAT?)

What was your biggest takeaway from this lesson and discussion?

What action do you want to take after this lesson?

SHADOWLANDS

CLOSING PRAYER (In Unison)

*Lord, as we leave this place and journey through our own Shadowlands, bless each of us
...the gift of PERSPECTIVE, that we may see things as you see them.*

...the gift of FAITH, that we may still follow you in the middle of our doubt.

...the gift of COURAGE, that we may continue to follow you in the darkness.

...and the gift of HOPE, that we may rest and refresh in your presence and future victory.

Amen.

OTHER RESOURCES

Listen to Pastor Chris' Grandmother's Full Testimony

<https://pastorchristhomas.com/grandma-joan/>

NOTES FROM WEEK FIVE

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Psalm 139:13–16

For it was you who formed my inward parts;
you knit me together in my mother's womb.
I praise you, for I am fearfully and wonderfully made.
Wonderful are your works;
that I know very well.
My frame was not hidden from you,
when I was being made in secret,
intricately woven in the depths of the earth.
Your eyes beheld my unformed substance.
In your book were written
all the days that were formed for me,
when none of them as yet existed.

KICK-OFF CONVERSATION

What is your experience with people with special needs?

What has been your response to the special needs community?

OPENING PRAYER (In Unison)

Holy God, bless us in our time together so that we will be doing your will in everything we do. Help us to put aside our pride and ego that seeks only what we want, so that we can be filled with your Spirit that leads us to want what you want. Hear us in silence as we center ourselves in you and ask you to guide us in this study and conversation..... Amen.

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PLAY VIDEO 6, “Living in Hope”

UNDERSTANDING (WHAT?)

What were your initial reactions to Gideon’s story?

What part of Gideon’s story stuck with you the most and why?

What was Pastor Jordan trying to get you to think about?

MEANING (SO WHAT?)

Pair and Share: Tell a story of a time when something you thought was going to be a bummer or a pain ended up being a joy and a blessing.

What questions or observations do you have?

What from this video would you tell to someone going through their own Shadowlands?

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APPLICATION (NOW WHAT?)

What was your biggest takeaway from this lesson and discussion?

What action do you want to take after this lesson?

WHAT IS YOUR BIGGEST LESSON FROM THIS ENTIRE STUDY?

WHAT IS YOUR BIGGEST QUESTION AFTER THIS ENTIRE STUDY?

WHAT STORY FROM THIS CURRICULUM WILL STICK WITH YOU THE MOST AND WHY?

CLOSING PRAYER (In Unison)

Lord, as we leave this place and journey through our own Shadowlands, bless each of us

...the gift of PERSPECTIVE, that we may see things as you see them.

...the gift of FAITH, that we may still follow you in the middle of our doubt.

...the gift of COURAGE, that we may continue to follow you in the darkness.

...and the gift of HOPE, that we may rest and refresh in your presence and future victory.

Amen.

S H A D O W T. A N D S

For Further Exploration on this Journey

Walking with God through Pain and Suffering by Timothy Keller

<https://www.amazon.com/Walking-God-through-Pain-Suffering/dp/1594634408/>

When God Weeps by Joni Eareckson Tada and Steve Estes

<https://www.amazon.com/When-Weeps-Joni-Eareckson-Tada/dp/0310238358/>

Where Is God When It Hurts? by Philip Yancey

<https://www.amazon.com/Where-When-Hurts-Philip-Yancey/dp/0310245729/>

A Grief Observed by C.S. Lewis

<https://www.amazon.com/Grief-Observed-C-S-Lewis/dp/0060652381/>

Scriptures for the Shadowlands

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. 2 Corinthians 1:3-4

And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast. 1 Peter 5:10

Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. Romans 5:3-4

I consider that our present sufferings are not worth comparing with the glory that will be revealed in us. Romans 8:18

The righteous person may have many troubles, but the Lord delivers him from them all. Psalm 34:19

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For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all.

2 Corinthians 4:17

Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? Romans 8:35

Therefore, since Christ suffered in his body, arm yourselves also with the same attitude, because whoever suffers in the body is done with sin. 1 Peter 4:1

But even if you should suffer for what is right, you are blessed. "Do not fear their threats; do not be frightened." 1 Peter 3:14

Carry each other's burdens, and in this way you will fulfill the law of Christ. Galatians 6:2

For it has been granted to you on behalf of Christ not only to believe in him, but also to suffer for him. Philippians 1:29

He was despised and rejected by mankind, a man of suffering, and familiar with pain. Like one from whom people hide their faces he was despised, and we held him in low esteem. Isaiah 53:3

*Surely he took up our pain
and bore our suffering,
yet we considered him punished by God,
stricken by him, and afflicted. Isaiah 53:4*

*I want to know Christ—yes, to know the power of
his resurrection and participation in his sufferings,
becoming like him in his death. Philippians 3:10*

*Whoever does not take up their cross and follow me is
not worthy of me. Matthew 10:38*

*To this you were called, because Christ suffered for you,
leaving you an example, that you should follow in his
steps. 1 Peter 2:21*

*At this, Job got up and tore his robe and shaved his
head. Then he fell to the ground in worship and said:
“Naked I came from my mother’s womb,
and naked I will depart.
The Lord gave and the Lord has taken away;
may the name of the Lord be praised.” Job 1:20-21*

*Whoever finds their life will lose it, and whoever loses
their life for my sake will find it.
Matthew 10:39*

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He humbled you, causing you to hunger and then feeding you with manna, which neither you nor your ancestors had known, to teach you that man does not live on bread alone but on every word that comes from the mouth of the Lord. Deuteronomy 8:3

For just as we share abundantly in the sufferings of Christ, so also our comfort abounds through Christ. 2 Corinthians 1:5

If I give all I possess to the poor and give over my body to hardship that I may boast, but do not have love, I gain nothing. 1 Corinthians 13:3

They stripped him and put a scarlet robe on him, and then twisted together a crown of thorns and set it on his head. They put a staff in his right hand. Then they knelt in front of him and mocked him. "Hail, king of the Jews!" they said. Matthew 27:28-29

Blessed is the one whom God corrects; so do not despise the discipline of the Almighty. Job 5:17

But God has helped me to this very day; so I stand here and testify to small and great alike. I am saying nothing beyond what the prophets and Moses said would happen— that the Messiah would suffer and, as the first to rise from the dead, would bring the message of light to his own people and to the Gentiles. Acts 26:22-23

Jesus said to her, “I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die. Do you believe this?”

John 11:25-26

If we live, we live for the Lord; and if we die, we die for the Lord. So, whether we live or die, we belong to the Lord. Romans 14:8

*Even though I walk
through the darkest valley,
I will fear no evil,
for you are with me;
your rod and your staff,
they comfort me. Psalm 23:4*

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For the Lord himself will come down from heaven, with a loud command, with the voice of the archangel and with the trumpet call of God, and the dead in Christ will rise first. After that, we who are still alive and are left will be caught up together with them in the clouds to meet the Lord in the air. And so we will be with the Lord forever. 1 Thessalonians 4:16-17

For to me, to live is Christ and to die is gain.
Philippians 1:21

*Place me like a seal over your heart,
like a seal on your arm;
for love is as strong as death,
its jealousy unyielding as the grave.
It burns like blazing fire,
like a mighty flame.* Song of Songs 8:6

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.
Romans 8:38-39

For as in Adam all die, so in Christ all will be made alive. 1 Corinthians 15:22

I am torn between the two: I desire to depart and be with Christ, which is better by far; but it is more necessary for you that I remain in the body.
Philippians 1:23-24

*Here is a trustworthy saying:
If we died with him,
we will also live with him.* 2 Timothy 2:11

For I take no pleasure in the death of anyone, declares the Sovereign Lord. Repent and live!
Ezekiel 18:32

And I heard a loud voice from the throne saying, "Look! God's dwelling place is now among the people, and he will dwell with them. They will be his people, and God himself will be with them and be their God. 'He will wipe every tear from their eyes. There will be no more death' or mourning or crying or pain, for the old order of things has passed away." Revelation 21:3-4

For since death came through a man, the resurrection of the dead comes also through a man.
1 Corinthians 15:21

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For whoever wants to save their life will lose it, but whoever loses their life for me will find it.

Matthew 16:25

Jesus called out with a loud voice, "Father, into your hands I commit my spirit." When he had said this, he breathed his last. Luke 23:46

Very rarely will anyone die for a righteous person, though for a good person someone might possibly dare to die. But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.

Romans 5:7-8

Now I am about to go the way of all the earth. You know with all your heart and soul that not one of all the good promises the Lord your God gave you has failed. Every promise has been fulfilled; not one has failed.

Joshua 23:14

*Where can I go from your Spirit?
Where can I flee from your presence?
If I go up to the heavens, you are there;
if I make my bed in the depths, you are there.*

Psalms 139:7-8

For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future. Jeremiah 29:11

*Why, my soul, are you downcast?
Why so disturbed within me?
Put your hope in God,
for I will yet praise him,
my Savior and my God. Psalm 42:11*

*But those who hope in the Lord
will renew their strength.
They will soar on wings like eagles;
they will run and not grow weary,
they will walk and not be faint. Isaiah 40:31*

*The Lord will keep you from all harm—
he will watch over your life;
the Lord will watch over your coming and going
both now and forevermore. Psalm 121:7-8*

*May the God of hope fill you with all joy and peace as
you trust in him, so that you may overflow with hope by
the power of the Holy Spirit. Romans 15:13*

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Now faith is confidence in what we hope for and assurance about what we do not see.

Hebrews 11:1

And now these three remain: faith, hope and love. But the greatest of these is love.

1 Corinthians 13:13

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

You are my refuge and my shield;

I have put my hope in your word. Psalm 119:114

Let us hold unswervingly to the hope we profess, for he who promised is faithful. Hebrews 10:23

Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope.

Romans 5:3-4

Be strong and take heart,

all you who hope in the Lord. Psalm 31:24

But if we hope for what we do not yet have, we wait for it patiently. Romans 8:25

*Hope deferred makes the heart sick,
but a longing fulfilled is a tree of life.* Proverbs 13:12

*I wait for the Lord, my whole being waits,
and in his word I put my hope.* Psalm 130:5

*But as for me, I watch in hope for the Lord,
I wait for God my Savior;
my God will hear me.* Micah 7:7

*I say to myself, "The Lord is my portion;
therefore I will wait for him."* Lamentations 3:24

*May your unfailing love be with us, Lord,
even as we put our hope in you.* Psalm 33:22

*The Spirit of the Sovereign Lord is on me,
because the Lord has anointed me
to proclaim good news to the poor.
He has sent me to bind up the brokenhearted,
to proclaim freedom for the captives
and release from darkness for the prisoners.* Isaiah 61:1

S H A D O W L A N D S

*Guide me in your truth and teach me,
for you are God my Savior,
and my hope is in you all day long. Psalm 25:5*

*Praise be to the God and Father of our Lord Jesus
Christ! In his great mercy he has given us new birth into
a living hope through the resurrection of Jesus Christ
from the dead. 1 Peter 1:3*

*And hope does not put us to shame, because God's love
has been poured out into our hearts through the Holy
Spirit, who has been given to us. Romans 5:5*

*But in your hearts revere Christ as Lord. Always be
prepared to give an answer to everyone who asks you to
give the reason for the hope that you have. But do this
with gentleness and respect. 1 Peter 3:15*

*There is one body and one Spirit, just as you were called
to one hope when you were called.
Ephesians 4:4*

*To them God has chosen to make known among the
Gentiles the glorious riches of this mystery, which is
Christ in you, the hope of glory. Colossians 1:27*

