

Sunday AM Sermon – March 1, 2026  
**Never-Ending Grief**

*Psalm 6*



It nags at us. We're not sure what it is. Maybe a mild virus. Maybe just a bad day. But it doesn't go away. Sometimes it seems to make us irritable. But most of the time, just sad. It's the unresolved grief that doesn't seem to go away, and King David felt it.



1. Mark the number of times you hear these words:  
Grief, grieve(d), or grieving –  
Loss(es) –  
David –

2. Loss is inevitable. What is not inevitable?
3. Through most of church history, Psalm 6 has been considered what type of prayer?
4. Question #1: How \_\_\_\_\_ is my \_\_\_\_\_ (1-3)
5. What does God do for those He loves?
6. What did James say to do when we are sick (especially if it is due to sin)?
7. Question #2: How can I \_\_\_\_\_ you if you \_\_\_\_\_ me? (4-5)
8. What is the purpose of bargaining during grief?
9. Question #3: How \_\_\_\_\_ can I keep \_\_\_\_\_? (6-7)
10. What are the two types of sorrow and what does each lead to?
11. When did things change for King David?
12. Question #4: Why did I ever \_\_\_\_\_? (8-10)
13. How does a mother forget the pain of childbirth?
14. What benefits can losses and grief bring to our lives?
15. What do the laments of the psalmists reveal?
16. What is the best response to life's crushing moments?



### **Faith Talk, Faith Walk**

*Spend time with family or friends (maybe over a meal or during a family devotional) discussing the following related to the sermon*

**Faith Talk:** What are some possible sources of unresolved grief in your life today?

**Faith Walk:** Face the grief in your life, even if you need to see a counselor to do so.

*If you are here and have been touched or convicted by something said or done today we would love to study the Bible with you and introduce you more fully to our Savior, Jesus Christ. Just call the church office at 795-4377 and we will set something up. God bless you!*

**Next Sunday AM Sermon – Help! (Psalm 12-13)**