

# WEEK 1

## SMALL GROUP GUIDE

# WITH YOU

Being a good friend is easy! As long as you make time to hang out, remember their birthday, and answer their texts, you're eligible for the Great Friend Award . . . right? Friendship might feel easy when life is easy, but it gets more complicated when your friends are hurting or struggling. What should you do? What should you say? What should you not say? When our friends need help, there are no easy answers, but in this 4-week series, we'll follow the lead of a few people who've been there. Through the stories of Job, Ruth, Naomi, Elijah, and Eli, we'll see how God invites us to "be with" people when they're **grieving, lonely, in need, or feeling hopeless**, and how God is already with them.

## THIS WEEK

### THE BIG IDEA

Be with people when they're grieving.

### THE BIBLE

Job 2:11-13, 16:2; Psalm 34:18;  
Romans 8:28

- **In 10 seconds or less, try to name every emotion you've felt so far today.**
- **How good do you think you are reading other people's emotions? Explain!**
- **How could someone get better at understanding other people's emotions?**
- **Have you ever felt awkward around someone who was experiencing a big emotion like grief? Why were you uncomfortable?**
- **What are some reasons a person might experience grief?**
- **When Job was grieving, what did his friends do that was helpful? What did they do that wasn't helpful?**
- **Read Romans 8:28. Even though this verse is true, why is it not the most helpful verse to quote to someone who's grieving? What's a verse you could share instead?**
- **When someone is grieving, what does God do? What does God invite us to do?**
- **When someone is grieving, how could the response of Jesus-followers help or hurt their faith?**
- **Who do you know who is grieving right now? What's one thing you can do to be "with" them?**

### ACTIVITY

Identify someone who is grieving and write them notes of encouragement, letting them know you are holding their loss along with them. Collect and mail the notes.