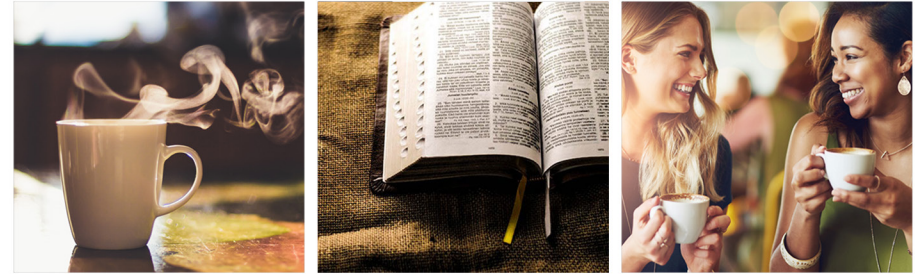
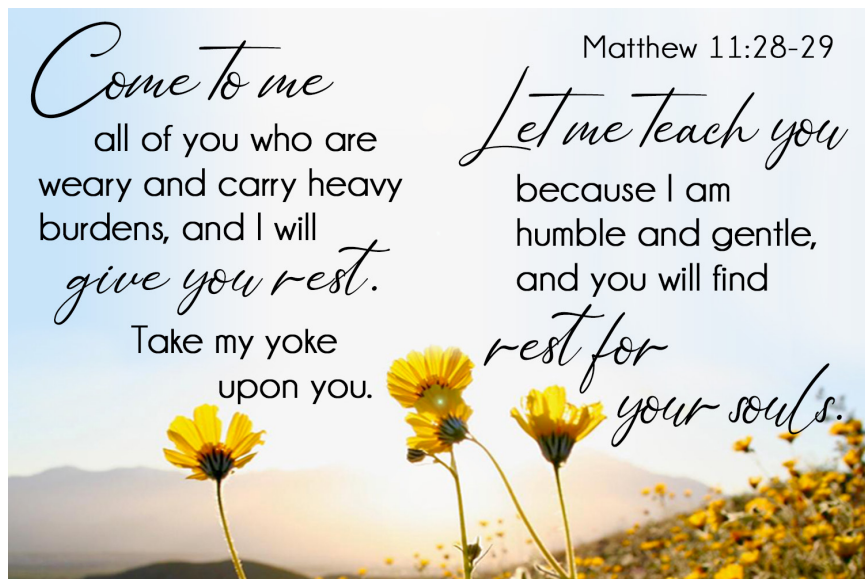


Icebreaker: If you could have anyone fictional as your imaginary friend, who would you choose and why?

Discussion Questions:

1. Some people mentioned to me that they appreciated getting phone calls during their “season of pain,” while others really didn’t have the energy to talk on the phone and preferred notes or cards. How about you... are you more of a “phone call person” or “note person?”
2. If you had received my questionnaire, how would you have answered this question... What have people said or done that has been helpful to you when you were going through a difficult time?
3. How about this one... What is a hurtful comment that you heard during your time of pain? (Please don’t mention any names! 😊)
4. Have you ever taken a meal to someone who was going through a hard time? Or has someone brought a meal to you? If so, what did you/they bring?
5. Why do you think people get uncomfortable when someone begins to cry?
6. Was there anything specific tonight that really jumped out at you that you’d like to put into action?



The Goodness of Jesus “*Five Ways to Walk With a Friend Through Pain*” with *Mary Schaeffer*

April 12, 2021

Welcome to Ladies Latté!

We are so thankful you have come to Latté - a place where we can connect with each other and Christ over a cup of coffee. It's oftentimes in the most simplistic, casual settings that we encounter closeness with one another and the Lord.

Our prayer for you is that while the fresh coffee is being poured into your cup, Jesus is pouring out His Spirit in a fresh, new way in your life. With each sip, may you also be drinking in the blessings of fellowship with your sisters-in-Christ.

Jen Robinson, Latté Coordinator

jen.robinson@gracecma.org

“Five Ways to Walk With a Friend Through Pain”

April 12, 2021

When a friend is going through a difficult time, it’s hard to know what to say and do. There are no easy answers, but there are some themes to consider as we seek to walk with our friends who are hurting. Jesus set a great example for us as his “heart overflowed with compassion” for people who were hurting.

Each person is unique in terms of what is most helpful, but here are some themes from people who’ve been through deep pain:

1. **Just be _____.** Sometimes when the pain is deep, there are no words.
They sat on the ground with him for seven days and nights. And no one said a word, for the saw that his suffering was too great for words. Job 2:13

➤ **Listening is a great way to show love.**

You can console me by listening to me. Job 21:2

➤ **Don’t be afraid of their _____.** Jesus had tears too, and He is not afraid of our tears. *Jesus wept. John 11:35;* See also Luke 19:41 and Hebrews 5:7

... you keep track of all my sorrows. You have collected all my tears in a bottle. Psalm 56:8

Weep with those who weep. Romans 12:15

2. _____ **carefully.** When we are hurting we are especially sensitive, so words that might be fine at other times might not be best in a time of intense pain.

➤ **Sometimes _____ is not helpful.**

Won’t you ever stop your flow of foolish words? ... I would speak in a way that helps you. I would try to take away your grief. Job 16:3,5

3. **Lighten the load in _____ ways.**

Share each other’s troubles and problems... Galatians 6:2

Ideas: _____

4. _____ **for them...and maybe with them. ...you are helping by praying for us.** 2 Corinthians 1:11

5. **Love over the _____.** *Those who refresh others will themselves be refreshed. Proverbs 11:2*

Bonus: Don’t do nothing.

NOTES: _____

*You will find Latté messages you’ve missed online at:
gracecma.org/ministries/women/*

BLANKS: 1. there; tears 2. Speak; advice 3. practical 4. Pray 5. long haul