

Grief in Scripture Bible Study

Objective: In a world deeply wounded by historical events that loom over our memories, experiences, and anxieties, we are constantly bombarded by the tangible weight of grief—the outcomes it induces, the trauma it brings, and the stigma it often carries. Grief is a reality that touches every human life, yet it is frequently misunderstood or silenced.

This Bible study delves into the content of Scripture to understand how we can align our grief with God’s Word. By turning to Hebrews, Romans, Philippians, and Acts, we will see that grief is not something to hide in shame but something God meets with compassion, hope, peace, and the strength of community. In Christ, grief becomes not only bearable but also transformative, reminding us that our sorrow has a place within God’s eternal story of redemption.

Key Components

Science (S): Biology of Grief

Objective:

- Explore how the body responds to grief biologically and how faith can aid healing.

Scripture Focus: Hebrews 4:15–16 (NIV)

“For we do not have a high priest who is unable to sympathize with our weaknesses...”

- **Reflection:** Grief affects the brain and body—impacting stress hormones, immune response, and sleep. Scripture reminds us that God created our bodies to process emotions, and that grief is not weakness but a natural, God-given response. How can we properly manage natural emotions?

Technology (T): Tools that Help in Times of Grief Objective: • Discuss how digital tools can be used to honor loved ones while still leaning on God for peace.	Scripture Focus: <i>Romans 8:18 (NIV)</i> <i>"I consider that our present sufferings are not worth comparing with the glory that will be revealed in us."</i> • Reflection: How can you use technology without letting it foster constant pain (e.g. obsessive scrolling, unhealed wounds)?
Engineering (E): Rebuilding After Loss Objective: • Explore how building faith leads to having a strong foundation to lean on when challenged by grief or sadness.	Scripture Focus: <i>1 Corinthians 3:11 (NIV)</i> <i>"For no one can lay any foundation other than the one already laid, which is Jesus Christ."</i> • Reflection: What does it mean to have a strong foundation to lean on in times of grief, while maintaining positive faith? How can you intentionally strengthen your inner system through this foundation?
Arts (A): Expressing Emotion and Hope Creatively Objective: • Use creativity to explore emotional challenges, offering space for growth, reflection and realignment with hope.	Scripture Focus: <i>Romans 9:2 (NIV)</i> <i>"I have great sorrow and unceasing anguish in my heart."</i> • Reflection: Paul used poetic expression to describe his feelings. Artistic expression helps us make sense of our inner world. In what ways have you used

	art, like speech or poetry, to process grief?
Math (M): Time and Perspective Objective: Explore the perspective of time relative to grief.	Scripture Focus: <i>Romans 8:18 (NIV)</i> <i>"I consider that our present sufferings are not worth comparing with the glory that will be revealed in us."</i> Reflection: Map a simple timeline of your grief: the moment of loss, key milestones (first holiday, first birthday, etc.), moments of breakthrough. How does thinking beyond the moment help deal with grief or anxiety?
Social Studies (SS): Community, Mourning, and Support Objective: Explore how grief is a shared human experience, and can bring people together, strengthening bonds through compassion.	Scripture Focus: <i>Romans 12:15 (NIV)</i> <i>"Rejoice with those who rejoice; mourn with those who mourn."</i> Reflection: Who in your community has helped you in your grief? What did they do that was especially helpful? What practical steps could you take?

Key Takeaways

This Bible study reminds us that while emotions are real and valid, they should not be our compass. Our character—guided by the Holy Spirit—is what leads us through life’s most difficult moments. Emotional discipline doesn’t mean ignoring how we feel; it means inviting God into our response, allowing Him to shape our reactions with wisdom, self-control, and peace.

God has given us spiritual gifts—like discernment, patience, and love—not as rewards for perfection but as tools for endurance and transformation. By reading this week’s Bible study, we begin to see how every part of our life—mind, body, community, and creativity—can reflect His character.

For more Bible Study's check out our website at <https://www.steamsbiblestudy.com/>

For all inquiries, please email **support@steamsbiblestudy.com**

A STEAMS Central, Inc. Program
STEAMS Central, Inc. | STEAMS Bible Study
8605 Santa Monica Blvd
#123617
West Hollywood, CA
90069-4109
support@steamsbiblestudy.com
833-379-6892