



Cuyahoga
Valley Church

SERMON STUDY GUIDE

Week of 03.31.24
Easter Sunday // Rick Duncan

Please take the opportunity to revisit the CVC Equip
Portrait of a Healthy LifeGroup on a regular basis

CONNECT (10 MIN)

- 1 Elizabeth Elliot defined suffering as “having what you don’t want or wanting what you don’t have.” What do you currently have that you don’t want? What do you currently want that you don’t have

EXPLORE (30 MIN)

Create Context (5 min):

There is no sermon recap video this week. Read 1 Peter 1:3-9 aloud together.
What do we learn about trials from this text?

Study & Discussion (25 min)

- 2 In= our Easter message we learned from I Peter 1:6 that we are encouraged to grieve our trials. What might keep us from expressing our griefs in a healthy way? How can expressing our griefs to God help us draw close to Him?

We’ve learned that many of the Psalms are called Psalms of Lament (Grieving). Read Psalm 13. Use the structure of this Psalm to create your own personal song of lament. Share it with your LifeGroup.

- 3 In the message we learned that we must learn to receive (or accept) our trials from the hand of God. Read James 1:2-4 and Romans 5:3-5. What truths in these verses make it possible for us to receive our trials with gratitude?

Tell a story about how God used a trial in your life to help you grow.



- ④ Read Romans 8:18 and II Corinthians 4:16-18. What makes it difficult for many Christians to live with the hope that is found in truths of these passages?

J.R.R. Tolkien wrote, “The birth, death and resurrection of Jesus means that one day everything sad will come untrue.” How does the resurrection of Jesus guarantee the ultimate redemption of all our sufferings.

What are the dangers of seeing or practicing
Grieving -> Receiving -> Believing in a linear way?

Which of the practices – Grieving, Receiving, or Believing – is strongest for you? Where do you need to grow the most? What is a next step you could take to grow?

ADDITIONAL RESOURCES

- [The Art of Lament](#)
- [What are the Psalms of Lament?](#)
- [8 Ways Trials Help Us](#)
- [J.I. Packer on the Surprise Blessing of Trials](#)
- [5 Reasons to Believe in the Resurrection](#)
- [How Does Christ’s Resurrection Benefit Us?](#)

APPLY (15 MIN)

- Identify an area of suffering in your life. Commit to bringing it before God in prayer, openly grieving, receiving His will, and reaffirming your belief in the resurrection for hope and strength.

PRAY (15 MIN)

- Pray for the grace to grieve honestly, receive trials with trust in God's goodness, and believe in the resurrection's promise of eternal hope and joy beyond our current sufferings.
- Take some time in your LifeGroup to pray for one another and the trials that each of you are facing.