

Session 3: Job 3:1–26

NOTE TO LEADERS

This lesson addresses difficult subjects like loss, grief, despair, and even suicidal ideations. We encourage you to be sensitive to the dynamics and situations of the people in your group. Don't miss Go Deeper Section 1, which offers resources for anyone walking through a deep valley.

SESSION GOALS

Every session has specific goals—things you want your group to walk away knowing, feeling, and committing to do.

Main Idea: Our faith allows us to grieve deeply without succumbing to hopelessness and encourages us to comfort those who do.

Head Change: To know that grief and faith are not mutually exclusive.

Heart Change: To feel free to grieve deeply and to extend compassion to the depressed and grieving.

Life Change: To allow yourself to grieve heartache and to mourn with the grieving.

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But you can also use these sections as short devotionals to carry you through the week until your next group meeting.

1. What if I feel like Job?

Grief can feel paralyzing. We may feel like no one can understand us or that we cannot be helped. But all people suffer, and, in his wisdom, God has provided specialists and strategies that can help us process and move through our grief.

Seek Professional Help

Sometimes events out of our control devastate our families, our health, and our lives. We can feel overwhelmed and unsure of how to cope with loss, but there are people who can help, even in crises.

With the rise of mental health awareness in recent years, the United States has developed an emergency hotline dedicated to people in crisis. Dial 988 to reach the Suicide and Crisis Lifeline, which provides free and confidential support to those in emotional distress or suicidal crisis. Callers will be connected to trained counselors who will listen, provide support, and connect them to local resources if necessary.

There are also professionals who can help you walk through grief over longer periods of time—gifted people who are educated, and trained to listen, empathize, and offer steps toward emotional healing. If your situation has brought you to despair, we encourage you to seek out a professional counselor who can tailor treatment to your needs. Pastors and friends can love and support you to an extent, but some situations require trained therapists, qualified experts in

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2. Pause and Reflect: Lectio Divina

We can sometimes breeze through familiar or difficult passages of Scripture, speeding over the words instead of letting the truth of Scripture sink into our minds and hearts. Lectio Divina, or prayerful reading, is a historical Christian practice that has helped generations of Christians to pause and reflect on God's Word.

Below are the four steps of Lectio Divina, which will help you pray and think deeply about Psalm 86, a prayer of David. Carve out some time this week to go through this exercise. Take your time with each step. This isn't something to rush through, so make sure you have plenty of time before you start.

Lectio (read): Remove all distractions and quiet your mind before God. Read Psalm 86 all the way through. Then focus on verses 5–8, reading them three times slowly. If you can, read it out loud to yourself. Let the message hit you. After reading it three times, find something that stands out to you. Re-read it a couple more times and place emphasis on different words as you read.

Meditatio (meditate): Think about the words or phrases that stood out to you the most. What do they mean? What do they say about God? What do they say about you? How do they illuminate the main idea of Psalm 86:5–8?

Oratio (pray): Pray through your words or phrases. Ask God to show you what he's saying through this verse. Take the verse and turn it into a prayer. For example, you could pray, "Thank you, God, that you answer my cries," or, "Help me, oh God, in my distress."

Contemplatio (contemplate): Now that you’ve read, thought, and prayed through Psalm 86:5–8, finish your time in silence. Ask God to speak to you. Pray he’d show you one practical thing you could apply to your life from this passage. Then listen. Write down what he says and then do it.

3. Weekly Reading Plan

Job is a long book, and we won’t be able to study every verse of it during our group sessions. This reading plan will help you familiarize yourself with the entirety of Job so that you can dig more deeply into God’s Word. Some weeks will have more reading than others, so feel free to complete the daily readings at a pace that makes the most sense to you and your group.

- Day 1: Job 8:1–22
- Day 2: Job 9:1–10:22
- Day 3: Job 11:1–20
- Day 4: Job 12:1–13:28
- Day 5: Job 14:1–22

RightNow Presents
The Book of Job STUDY GUIDE

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