



**11am Bible Study: Pastor Will Lloyd, IV, M.T.S.**

**Topic: Come Out Swinging**  
**Chapters: Topical September 29<sup>th</sup>, 2021**

**Intro:** \_\_\_\_\_

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How do we Come Out Swinging?

**1. Express Our Grief - Matthew 5:4, NKJV**, 4 Blessed are those who mourn, For they shall be comforted.  
**Psalm 34:17-18, NKJV**, 17 The righteous cry out, and the Lord hears, And delivers them out of all their troubles.  
18 The Lord is near to those who have a broken heart, And saves such as have a contrite spirit.

- 1st to God, 2nd to Family Members, 3rd to Friends
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**Question For Dialogue:** What are some reasons people give for bottling up their feelings?

**2. Accept What We Can't Control - Psalm 31:24, NKJV**, 24 Be of good courage, And He shall strengthen your heart,  
All you who hope in the Lord.  
**Romans 8:24-25, NKJV**, 24 For we were saved in this hope, but hope that is seen is not hope; for why does one still  
hope for what he sees? 25 But if we hope for what we do not see, we eagerly wait for it with perseverance.

- Current Terms of Contracts, People: Politicians, People in your life

**Serenity Prayer:** God, grant me the serenity to accept the things I cannot change,  
courage to change the things I can, and wisdom to know the difference. Living one day at a time,  
Enjoying one moment at a time, Accepting hardship as a pathway to peace, Taking, as Jesus did,  
This sinful world as it is, Not as I would have it, Trusting that You will make all things right,  
If I surrender to Your will, So that I may be reasonably happy in this life,  
And supremely happy with You forever in the next.

**Question For Dialogue:** When we consistently dwell on things we can't change, what does it reveal about our hearts?

**3. Find Peace and Contentment in Jesus - Proverbs 19:23, NKJV**, 23 The fear of the Lord leads to life, And he who  
has it will abide in satisfaction; He will not be visited with evil.  
**Psalm 34:8-10, NKJV**, 8 Oh, taste and see that the Lord is good; Blessed is the man who trusts in Him! 9 Oh, fear the  
Lord, you His saints! There is no want to those who fear Him. 10 The young lions lack and suffer hunger; But those who  
seek the Lord shall not lack any good thing.

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**Question For Dialogue:** Once God grants us peace and contentment after a period of severe grief, what must we do to  
ensure our peace and contentment remain?