

## **“Good Grief”**

**September 30, 2012**

**PROP-** Losses come in all shapes and sizes—death of a loved one, delay of dreams, disappointments in people we trusted, departure of close friends, change. But—there is a way to process our losses in a way that leads to freedom & joy.

### **1. GRIEVE**

Grief is a vital step in recovering from emotional wounds—part of God’s pathway to healing. It’s important to deal with the pain of loss.

GRIEF is a very real part of life & loss & change.

CHANGE is vital part of life (“strength to strength”- involves weakness, tension, movement) (“faith to faith”- new challenges/increased trust)

- Jesus is “a man of sorrows, well-acquainted with grief” (Isa. 53:3)
- John 16:20- (RE His death) “You will grieve...but your grief will turn to joy”
- Psalm 30:5- “weeping may remain for a night, but joy comes in the morning”
- David and his men “wept aloud until they had no strength left to weep” (1 Samuel 30:4)
- David openly grieved the death of his son (2 Samuel 12)

Healthy grieving moves us beyond SHOCK (i.e., “bad dream” syndrome) and past disappointments) to face the REALITY of what has happened.

### **2. RECEIVE**

Grieving puts us in touch with our soul...but we were never intended to stay there. We must move beyond nursing a wounded soul.

Wallowing in grief can cause us to implode:

- “Go down into silence” (Psalm 115:17)
- SEE Psalm 42:5-6- “Downcast” (despair)

...or explode:

- “Root of bitterness...defiles many” (Hebrews 12:15)

Worship moves us into a heavenly perspective of the same situation:

- David moved from weeping→ worshipping (2 Samuel 12:20)
- Psalm 42:5,6- “Put your hope in God”
- 1 Thess. 4:13- “Do not grieve as those who have no hope”

- 2 Cor. 4:8- "Perplexed (w/o answers) but never in despair (w/o hope)"
- Worship moves you to trust the One whose ways are "higher than ours" (Isaiah 55:9)

### 3. GIVE IT AWAY

"Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God. For just as the sufferings of Christ flow over into our lives, so also through Christ our comfort overflows." (2 Corinthians 1:3-5)

All praise to the God and Father of our Master, Jesus the Messiah! Father of all mercy! God of all healing counsel! He comes alongside us when we go through hard times, and before you know it, he brings us alongside someone else who is going through hard times so that we can be there for that person just as God was there for us. We have plenty of hard times that come from following the Messiah, but no more so than the good times of his healing comfort—we get a full measure of that, too! (The Message)

Moves us from "What about *ME?*" to "How can I be PART OF THE SOLUTION?"

- "His strength is made perfect in weakness...for when I am weak, then I am strong" (2 Cor. 12:9,10)
- The Macedonian churches "gave...even beyond their ability" (2 Cor. 8:3)
- Acts 3:6- "Silver and gold I do not have..."
- "By His wounds you have been healed" (1 Peter 2:24)

### RESPONSE

By the grace of Jesus, the place of greatest loss, disappointment, and pain—can become the place of deep rivers of healing and restoration.