

Grief

Losing Someone Important

I'm dealing with...grief. If you have lost someone important to you (or know someone who has), you have the right piece of paper in your hands. We have taken the time to put this together so you can understand what God says about grief. You'll also have a chance to dig into the Bible for yourself.

Understanding Grief

Grief is an intense emotional pain, sorrow, or regret over the loss of someone important. Grief normally has multiple stages: 1. Shock or Denial, 2. Anger, 3. Guilt, 4. Bargaining, 5. Sadness or Depression, and 6. Acceptance.

Myths about Grief

Mature Christians don't grieve. Nothing could be further from the truth! Everyone experiences grief in the wake of losing someone significant.

Grief is best handled alone. Grief tends to isolate people. Cutting off support from friends while dealing with grief is a mistake because it's a burden best shared with God and close friends.

It's not OK to be angry with God. God is big enough to handle our anger. He understands our pain and loss. Anger is a normal part of grieving, and God meets us in our pain.

What does the Bible say about grief?

The book of Psalms (in the Old Testament) is a collection of prayers and songs devoted to God. They are "raw and uncut," meaning they show true human emotion.

"Have mercy on me, LORD, for I am in distress. Tears blur my eyes. My body and soul are withering away. I am dying from grief; my years are shortened by sadness. Sin has drained my strength; I am wasting away from within."
Psalm 31:9-10

The author of this psalm wasn't afraid to share his true feelings with God.

Did you know that even Jesus got sad? John 11:35 is the shortest verse in the Bible, "Jesus wept." He cried because his friend Lazarus had died and his close friends were overcome with sorrow.

The Bible also teaches that God is always with us, even during painful times. Lamentations 3:31-33 states, "For no one is abandoned by the Lord forever. Though he brings grief, he also shows compassion because of the greatness of his unfailing love. For he does not enjoy hurting people or causing them sorrow."

Dealing with grief is monumental. It defies understanding. In our darkest moments, God is with us.

I need help...now

God loves you and he cares for you. He knows your pain and he wants to be with you now, in the moment. He's not waiting for you to "get your act together."

Try talking to God. Share your feelings with God, even if you need to shout them out. There's nothing you could say that would surprise him, he's heard it all before and he knows everything about you.

Share your pain with someone. Share what you're feeling with your parents, a close friend, or a church leader. God created us to need each other and we are better together!

We are here to help! If there is something more we can do, please let us know! You can find us on the weekend during one of our services, **Wednesday** 6PM or 7PM and **Sunday** at 10:30AM, or you can call the church office @ 940-458-7416.

Going Deeper

Read, reflect, and pray through Psalm 23.