

How to Get Through what You're Going Through

God's Plan for Dealing with My Loss ~ March 8, 2026

1. Loss is unavoidable. Grief is a choice

- There's NO life without change (*all living things are consistently changing*)
- There's NO change without loss (*change requires me to let go of something I have, in order to grab on to something new...and the "new" is not always good!*)
- There's NO loss without pain (*because we don't like to lose things, we don't like change*)
- **BUT GRIEF IS A CHOICE AND WE NEED TO CHOOSE TO GRIEVE!**
- **Because grief IS THE KEY to my spiritual growth!**

I want to know Christ and experience the mighty power that raised Jesus from the dead. I want to suffer with him, sharing in his death, so that one way or another, I will experience the resurrection from the dead! Philippians 3:10-11 (NLT)

- **Jesus' Path:** suffering → death → resurrection → heaven
- **Our Path:** sharing in Jesus' suffering → dying to self → transformation → heaven

2. Grief is the ONLY healthy response to loss

- Grief is good for me, it's healthy, because denying grief is unhealthy
- Because grief is so painful, many avoid it, deny it
- Don't let someone else tell you what you should & should not grieve
- If I don't grieve my losses, I get stuck
- Grief is the most painful emotion we experience in life, but it's also the most helpful...
- Because grief is God's tool for getting through the transitions of life

When Jesus saw Lazarus' sister weeping and the Jews who had come along with her also weeping, he was deeply moved in spirit and troubled. Jesus wept. John 11:33-35 (NIV)

- Jesus shows us that showing emotions, tears AREN'T A WEAKNESS! Refusing to express our grief is weakness!
- If I don't grieve my losses, I get stuck
- **If I don't let my pain out in healthy ways, it comes out in unhealthy ways**
- Grief is God's tool for getting through the transitions of life

3. God Grieves with Me

The Lord is CLOSE to the brokenhearted, he saves those who are crushed in spirit. Psalm 34:18 (ISV)

- When God sees us grieving, he doesn't push us away, HE MOVES CLOSER!

4. Grief is healed in community

- I WILL NOT heal on my own, because God will not allow that!
- *Carry each other's burdens, and in this way, you fulfill the law of Christ. Galatians 6:2 (NIV)*
- *Rejoice **with those** who rejoice, weep **with those** who weep. Romans 12:15 (NET)*

5. Grief takes time

- Grief doesn't pass quickly
- Grief has its own timetable
- Grief cannot be rushed
- **We don't get over grief**, God gets us through it
- **We will never get over the major losses in our lives, but God will get us through them!**

*For everything there is **A SEASON, a time for every activity under heaven. A time to cry and a time to laugh. A time to grieve and a time to dance. Ecclesiastes 3:1 & 4 (NLT)***

- A "season" is more than a day, a week, a month!
- Life is a series of "seasons of opposites"
- Maturity is me dealing with BOTH the pleasant AND UNPLEASANT seasons of my life

Dealing with the UNPLEASANT seasons of my Life

- **To Lament:** a passionate expression of grief to God; an act of worship that includes complaining to God
- **Psalms of Lament:** Psalm 3, 4, 5, 6, 7, 9, 10, 12, 13, 14, 17, 22, 25, 26, 27, 28, 31, 35, 36, 38, 39, 41, 42, 43, 44, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 64, 70, 71, 74, 77, 79, 80, 82, 83, 85, 86, 88, 90, 94, 102, 109, 137, 139, 140, 141, 142, 143, 145

This series is based on a series by the same name first taught by Pastor Rick Warren at Saddleback Church