
Grieving with God
Jenna Luoto | Executive & Spiritual Formation Pastor

How we tend to grieve....

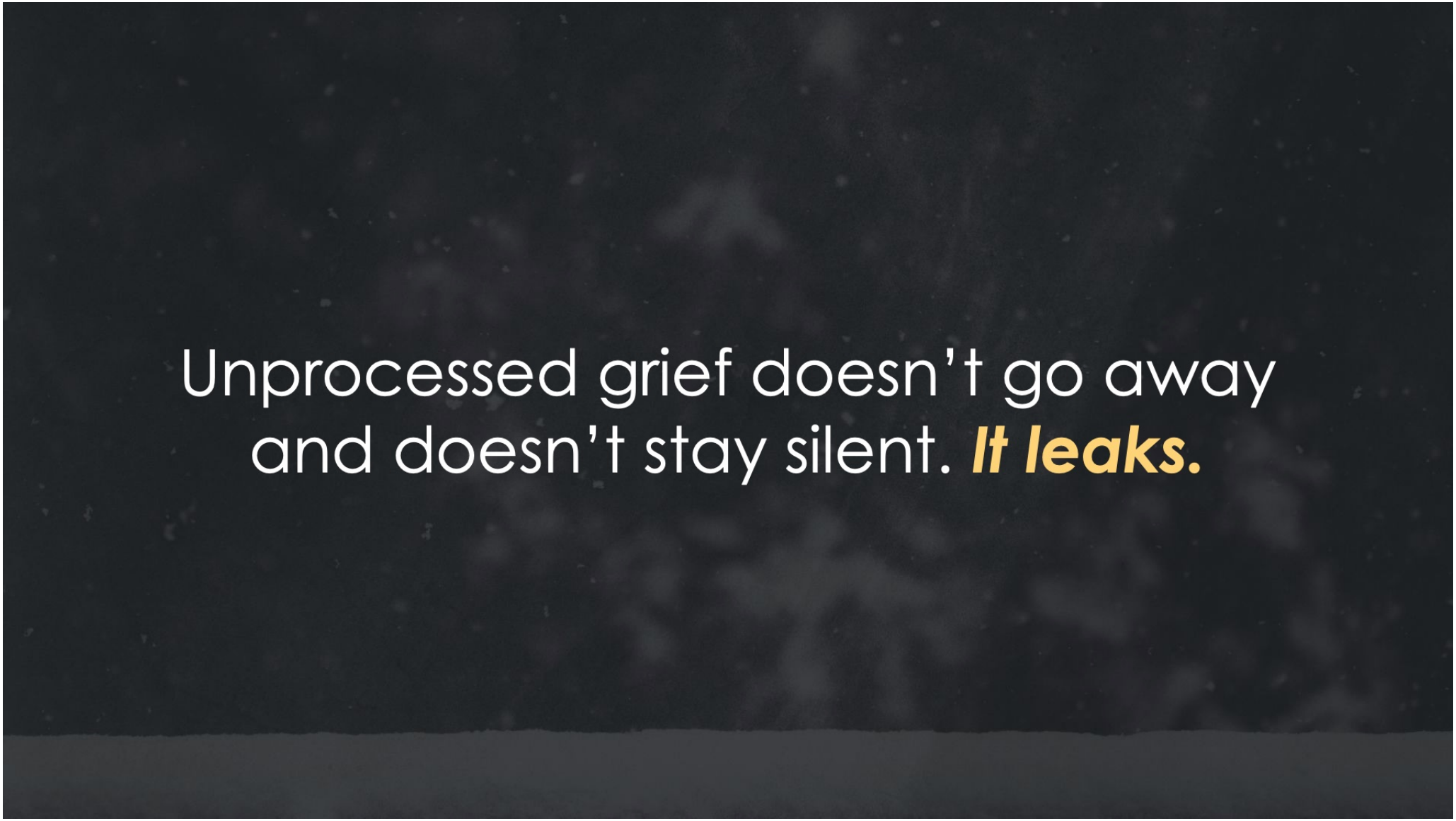
- Some of us avoid it

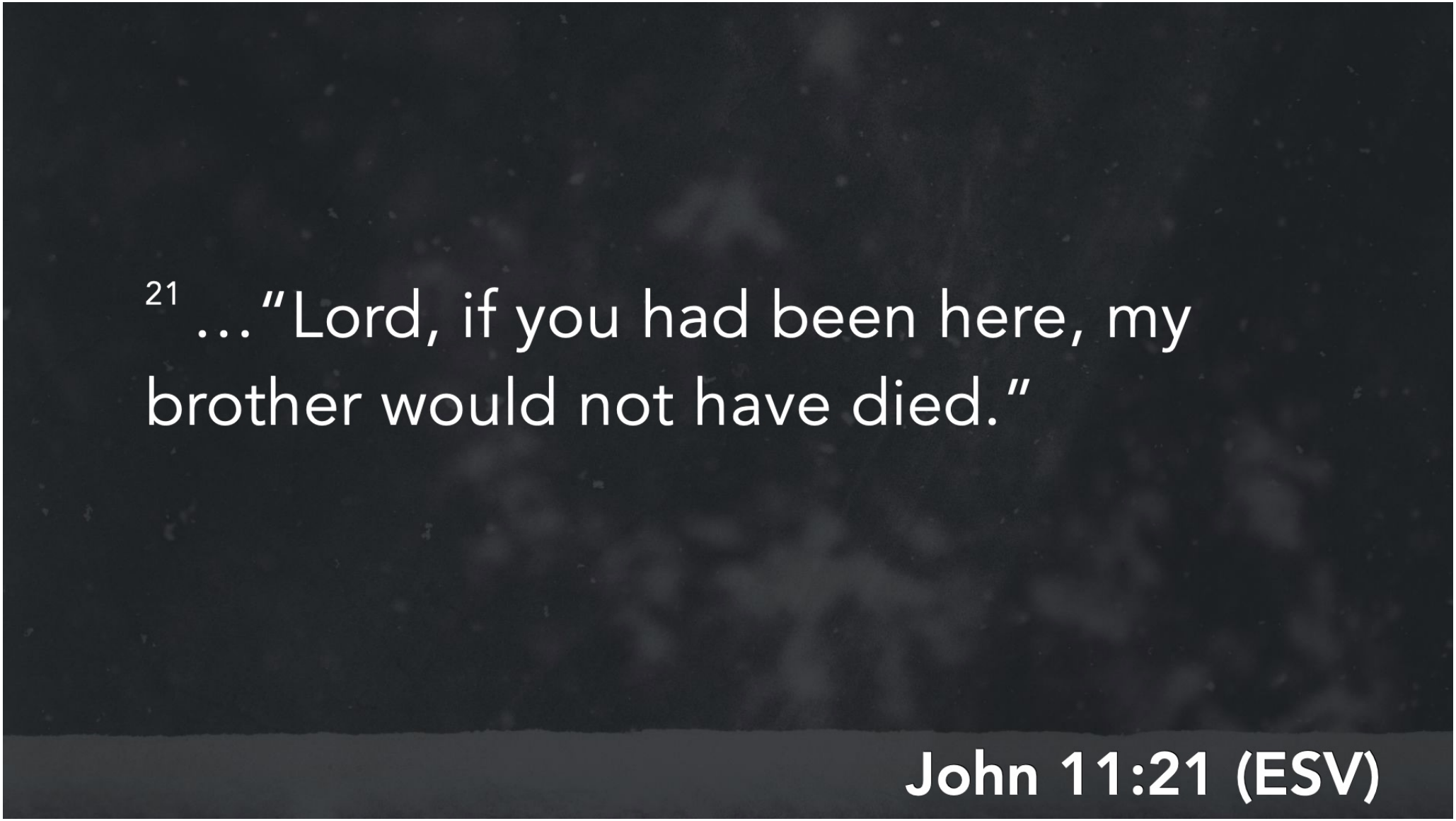
How we tend to grieve....

- Some of us avoid it
- Some of us get buried under it

How we tend to grieve....

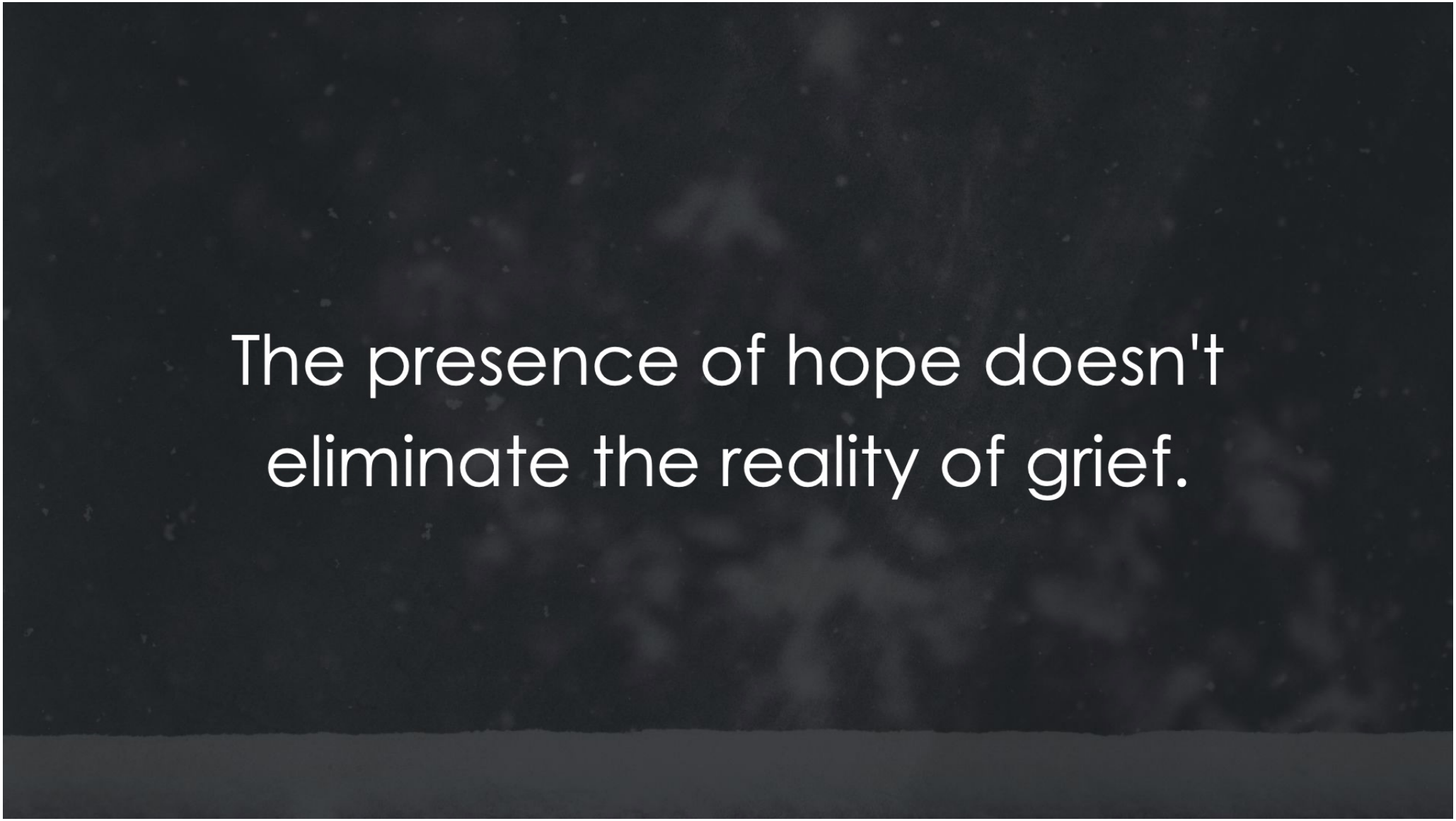
- Some of us avoid it
- Some of us get buried under it
- Some of us spiritually bypass it

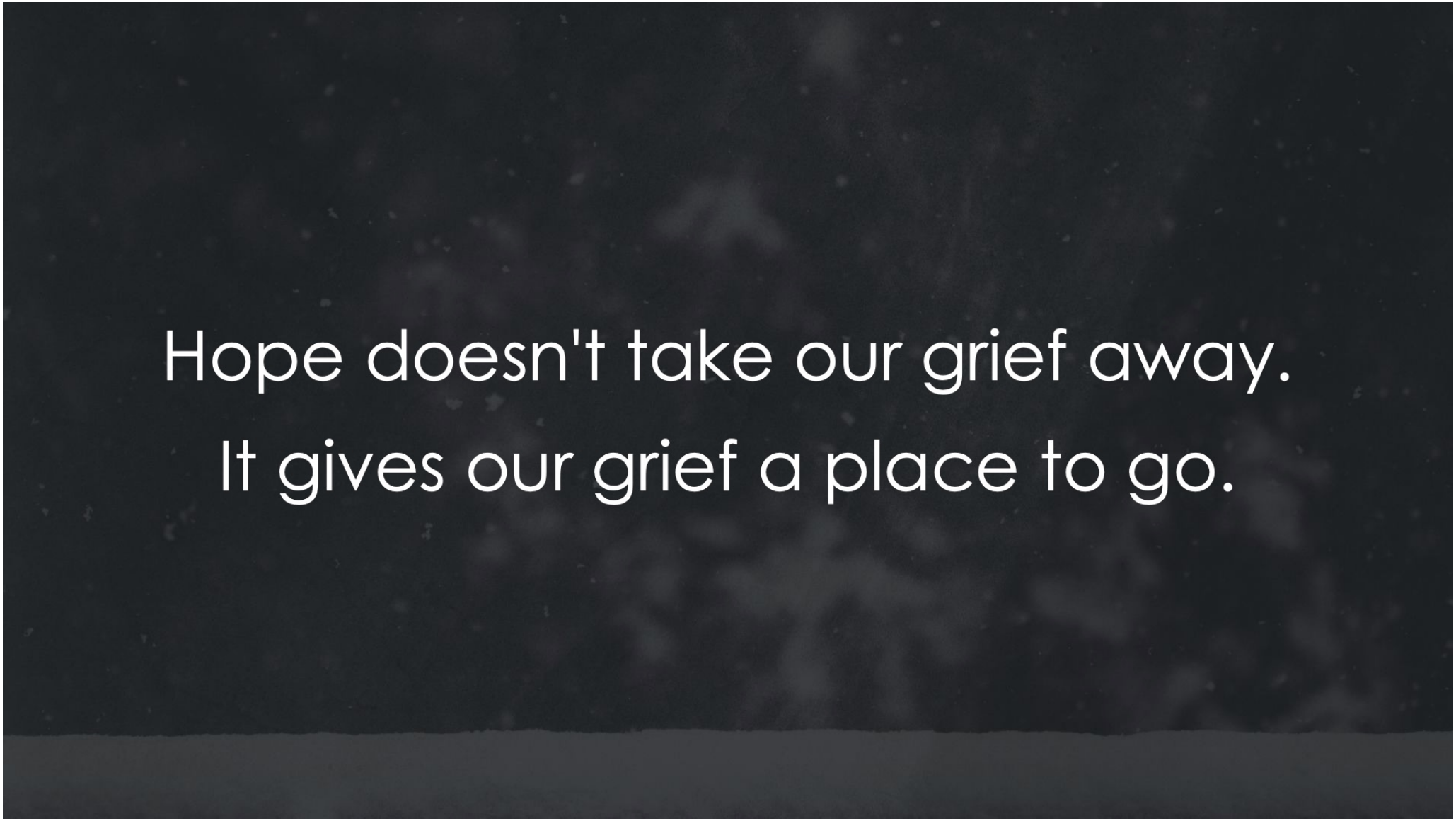

Unprocessed grief doesn't go away
and doesn't stay silent. *It leaks.*


21 …“Lord, if you had been here, my brother would not have died.”
John 11:21 (ESV)

[33]When Jesus saw her weeping, and the Jews who had come along with her also weeping, he was deeply moved in spirit and troubled. [34]"Where have you laid him?" he asked. "Come and see, Lord," they replied. [35]**Jesus wept.**

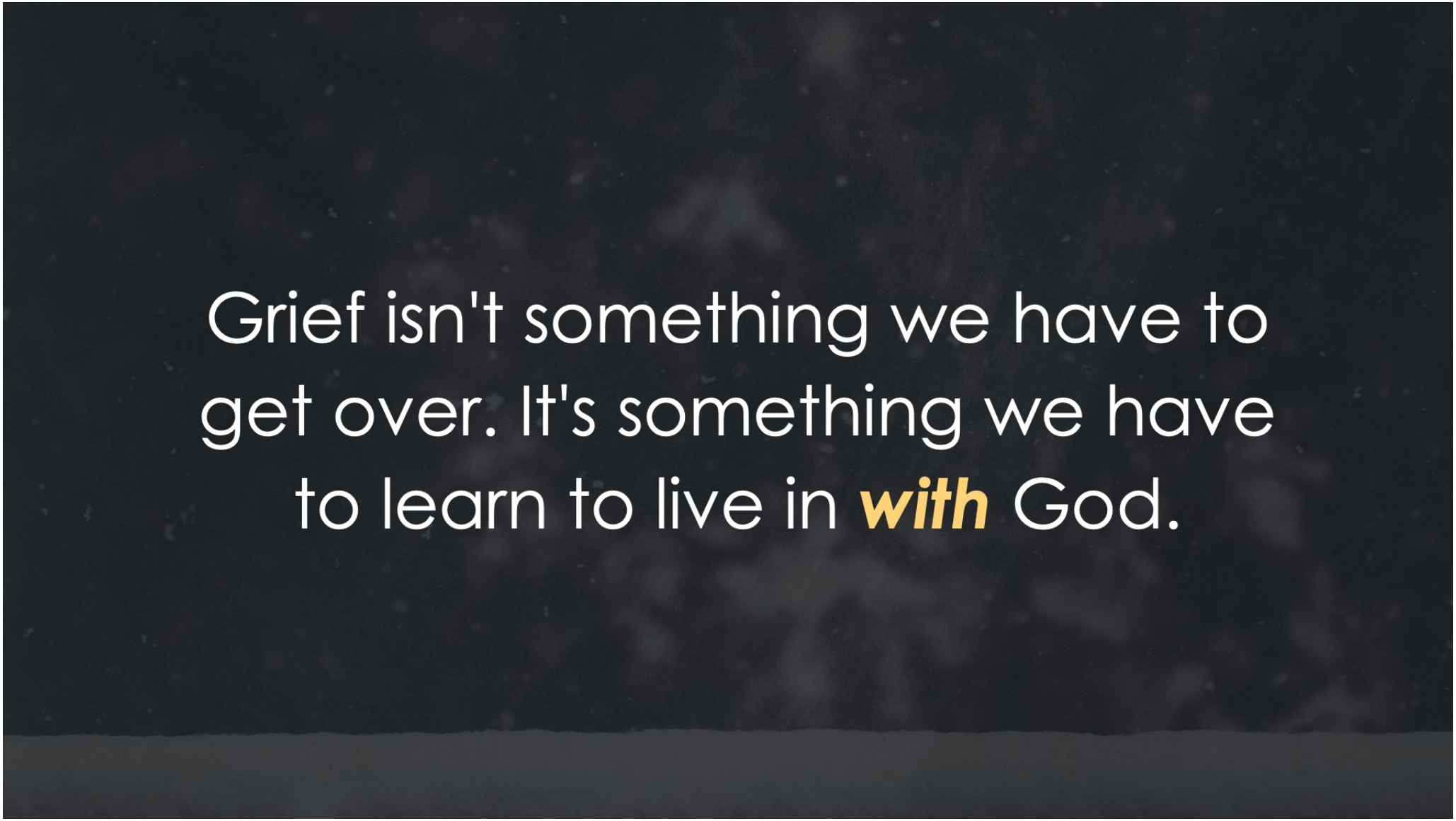
John 11:33-35 (NIV)


The presence of hope doesn't
eliminate the reality of grief.


Hope doesn't take our grief away.
It gives our grief a place to go.

[25] Jesus said to her, "**I am the resurrection and the life.** The one who believes in me will live, even though they die; [26] and whoever lives by believing in me will never die. Do you believe this?"

John 11:25-26 (NIV)


Grief isn't something we have to
get over. It's something we have
to learn to live in *with* God.

How to process our grief

1. Name what you've lost.

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2. Be honest with God about how you feel.

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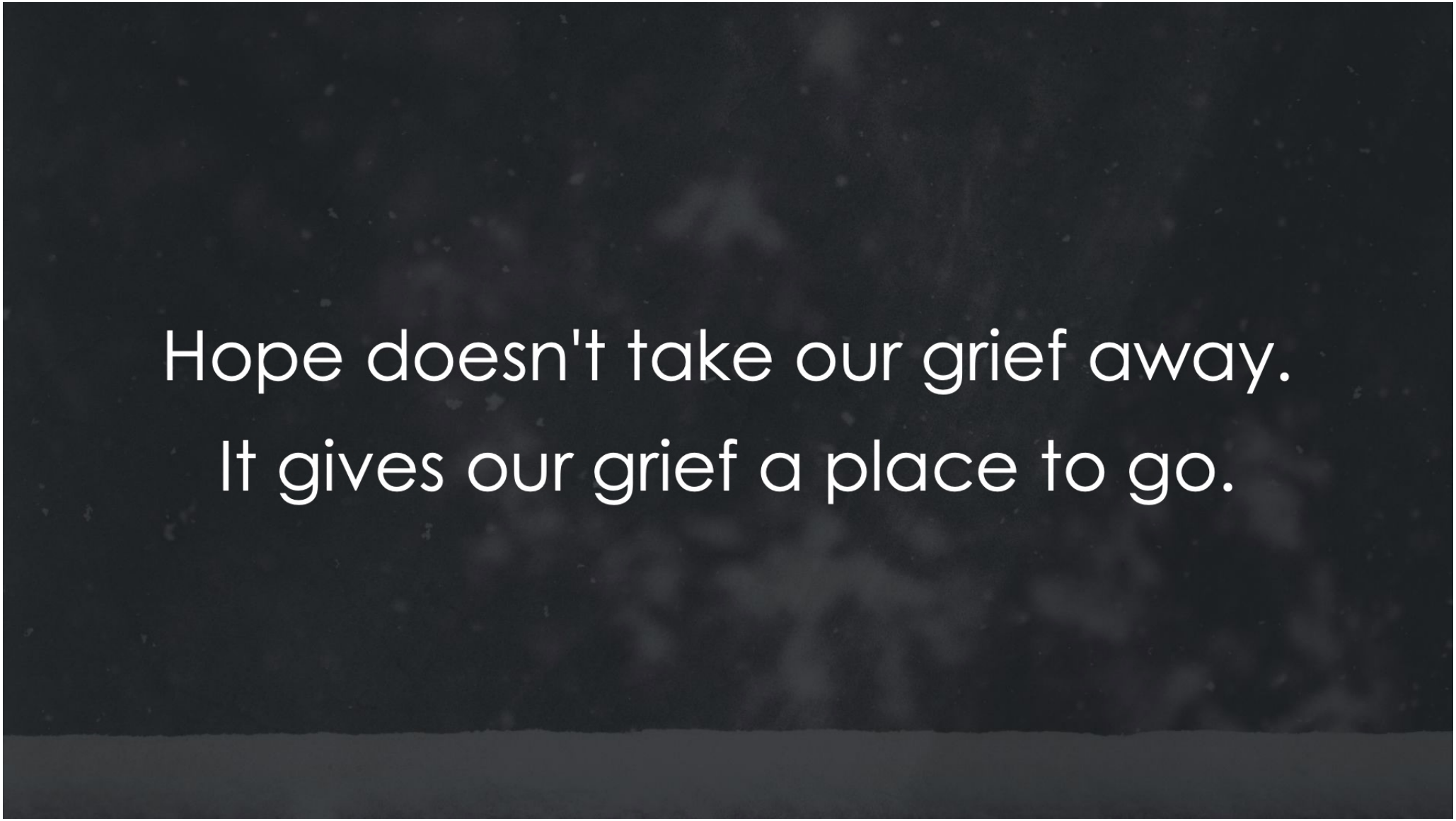
3. Don't rush to resolve the tension.

How to process our grief

1. Name what you've lost.
2. Be honest with God about how you feel.
3. Don't rush to resolve the tension.
4. Anchor your hope in who God is, not just in what you want Him to do.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