



Exploring Grief in the Christian Context

NDCBF Mid-Week Service

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A stylized, dark grey leaf graphic with several pointed leaves, positioned in the upper left corner of the slide.

Our Focus

BIBLICAL REFERENCES TO GRIEF

CLARITY OF GRIEF FROM THE
SCRIPTURES

PRACTICAL LOOK AT GRIEF
‘The Five W’s’

STAGES OF GRIEF

ESTABLISHING A NEW
APPROACH!

Biblical Examples of Grief

- **Yahweh** - God Himself (Genesis 6:6)
- Nehemiah (Neh. 1:4)
- Job
- **Jesus** (John 11:35-36; Luke 22:44 – *hematidrosis* in the Garden)
- **The Holy Spirit** (Isaiah 63:10; Ephesians 4:30-31)

Scriptural Emphasis

OLD TESTAMENT HISTORICAL NARRATIVE (II Samuel 12:15b – 23)

- oDavid has sinned with Bathsheba (Ch. 11)
- oNathan renders chastisement (12:1-4)
- oGod punishes via the child (12:15b)
- oDavid experiences grief (12:16-17)
- oFasting associated with *lament*, *mourning*, or seeking God's favor

Scriptural Emphasis

NEW TESTAMENT EPISTLE (I Thess. 4:13)

- oThessalonians – an ‘end times’ epistle
- oFocused on ‘last things’ and a future hope
- oRendered as ‘words of comfort’ to the Church (I Thess. 4:18)
- oComparison between the present & the eternal
- oGrieve, ‘but not as others’ – grief is normal/common

THE FIVE “W’s” of GRIEF

WHO? All of humanity (Genesis 3)

WHAT? Period of despair leading to dysfunction – *death, loss of ..., sickness*

WHEN? Triggering times – Birthdays, holidays, special occasions

WHERE? Externally: Places that remind; Internally: *the body, head, heart, stomach*

WHY? The mind’s attempt to connect/make meaning with the loss

THE FIVE STAGES OF GRIEF

Elizabeth Kubler-Ross

“On Death & Dying” (1969)

Stage

Statements

Denial

“It’s not really happening” “This is a dream.” “This isn’t real!”

Anger

at self; at the deceased, those causing loss “How could you/they?
Expletives (i.e., “&%#\$(*&%@)

Bargaining

Negotiating with God; “If I had just...”; “I wish I had...” “I almost...”

Depression

“I’m always tired...” “What’s the point?” “Nothing’s enjoyable” “Nothing matters anymore...”

Acceptance

Not to be confused with ‘getting over it’; “I have more good days than bad.”; It’s getting better...” (DENOTES a return to functioning)



Towards a New Approach

- ❑ RECOGNIZE THE COMMON OCCURRENCE OF GRIEF IN SCRIPTURES
 - ❑ STAGES FOLLOW NO SPECIFIC ORDER
 - ❑ AVOID ISOLATION; ENGAGE COMMUNITY
 - ❑ LISTEN TO THOSE GRIEVING
 - ❑ AVOID ADVICE GAME; OVER-CONNECTING
 - ❑ ALLOW.....GIVE SPACE
 - ❑ PRAYER (ROMANS 8:26) – READING – MEDITATION
 - ❑ SEEK PROFESSIONAL HELP!
 - ❑ GRIEF SUPPORT GROUPS
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