

# UNORDINARY SUFFERING

## UNORDINARY: Part 5

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*“Better to spend your time at funerals than at parties. After all, everyone dies— so the living should take this to heart. Sorrow is better than laughter, for sadness has a refining influence on us. A wise person thinks a lot about death, while a fool thinks only about having a good time.” (Ecclesiastes 7:2–4, NLT)*

## THE LESSONS OF GRIEF

### 1. Grief is NORMAL.

*“Humans are born for trouble as surely as sparks fly upward.” (Job 5:7, CSB)*

*“I have told you all this so that you will have peace of heart and mind. Here on earth you will have many trials and sorrows...” (John 16:33, The Living Bible)*

### 2. Grief is PAINFUL.

*“Then Job stood up and tore his clothes in grief. He shaved his head and threw himself face downwards on the ground.” (Job 1:20, GNB)*

*“When Jesus saw her weeping and saw the other people wailing with her, a deep anger welled up within him, and he was deeply troubled. “Where have you put him?” he asked them. They told him, “Lord, come and see.” Then Jesus wept.” (John 11:33–35, NLT)*

### 3. Grief is SEASONAL.

*“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...” (Ecclesiastes 3:1, 4, NLT)*

*“Yea, though I walk through the valley of the shadow of death, I will fear no evil; For You are with me; Your rod and Your staff, they comfort me.” (Psalm 23:4, NKJV)*

#### **The 6 Stages of Grief**

- 1) **Shock.**
- 2) **Sorrow.**
- 3) **Struggle.**

4) **SURRENDER.**

*"his wife asked, "Why do you still **trust God**? Why don't you curse him and die?" Job replied, "Don't talk like a fool! If we accept blessings from God, we must accept trouble as well." In all that happened, Job never once said anything against God." (Job 2:9–10, CEV)*

***"Surrender to God** All-Powerful! You will find peace..." (Job 22:21, CEV)*

5) **SANCTIFICATION.**

*"Not only so, but we also rejoice in our sufferings, because we know that **suffering produces perseverance**; perseverance, character; and character, **hope**. And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us." (Romans 5:3–5, NIV84)*

*"We give great honor to those who endure under suffering. For instance, you know about **Job, a man of great endurance**..." (James 5:11, NLT)*

6) **SERVICE.**

*"All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. **He comforts us in all our troubles so that we can comfort others**. When they are troubled, we will be able to give them the same comfort God has given us. For the more we suffer for Christ, the more God will shower us with his comfort through Christ." (2 Corinthians 1:3–5, NLT)*

**4. Grief is HELPFUL.**

*"So **the Lord blessed Job** in the second half of his life **even more** than in the beginning..." (Job 42:12, NLT)*

***"BLESSED are those who mourn,** For they shall be comforted." (Matthew 5:4, NKJV)*

*"Therefore, since we are surrounded by such **a great CLOUD OF WITNESSES**, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us," (Hebrews 12:1, NIV)*

**5. Grief is COMMUNAL.**

*"In trouble like this **I need loyal friends**— whether I've forsaken God or not." (Job 6:14, GNB)*

***"Carry each other's burdens,** and in this way you will fulfill the law of Christ." (Galatians 6:2, NIV84)*

*"Be happy with those who are happy, and **weep with those who weep**." (Romans 12:15, NLT)*

## 6. Grief is SPIRITUAL.

*"[Job] said: 'We bring nothing at birth; we take nothing with us at death. The Lord alone gives and takes. Praise the name of the Lord!'" (Job 1:21, CEV)*

### **3 Truths that Anchor Believers.**

⚓ There is PURPOSE beyond our pain.

*"And we know that in all things God works for the good of those who love him, who have been called according to his purpose." (Romans 8:28, NIV84)*

⚓ There is a PERSON who comforts our pain.

*"The LORD is close to the brokenhearted; he rescues those whose spirits are crushed." (Psalm 34:18, NLT)*

*"When you go through deep waters, I will be with you. When you go through rivers of difficulty, you will not drown. When you walk through the fire of oppression, you will not be burned up; the flames will not consume you." (Isaiah 43:2, NLT)*

*"For God has said, 'I will never fail you. I will never abandon you.'" (Hebrews 13:5b, NLT)*

⚓ There is a PLAN that will remove our pain.

*"We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed... because we know that the one who raised the Lord Jesus from the dead will also raise us with Jesus and present us with you in his presence." (2 Corinthians 4:8–9, 14 NIV84)*

*"He will wipe every tear from their eyes, and there will be no more death or sorrow or crying or pain. All these things are gone forever.'" (Revelation 21:4, NLT)*

## **NEXT STEPS**

**ATTEND** Chaos to Calm: Anxiety Seminar with a friend!

**INVITE** to our fall series: RESTORE: 40 Days of Healing

**Grief Share**