

A black and white photograph of a man with a beard, looking down with his hands clasped in prayer. The image is dark and moody, with the man's face and hands being the primary focus.

Good
G R I E F

S E R M O N G U I D E

Good Grief

Genesis 23:1-20

INTRODUCTION

Grief is an emotion that no one desires to experience, but that everyone inevitably faces. It’s the complex of feelings and emotions that consumes one’s heart when tragedy strikes – from shock to denial to anger to guilt to mourning. But as tough as grief is, as difficult as it is to lose someone you love, there is something redemptive about it. Yes, there is pain, but there is also such a thing as good grief; there is something of a silver lining that can be found in this most difficult of season of life. There is a flip side to it all. We know that God can make good out of all things, and that includes grief. It may not feel like it right now, but there can be good grief. And that’s exactly what we’re going to dive into in this message.

KEY POINTS

1. Grief Is Not A Sign Of Weakness

In order to discover something good in grief, you must first realize that grief is not a sign of weakness. There is something to be said about the fact that Abraham as the father of faith is portrayed here grieving in the first place. Contemporary interpretations of faith and manhood suggest that a man of faith should always be up and never down.

But in Genesis 23, you will find Abraham grieving, which suggests that grief is not a sign of weakness. When Abraham grieved Sarah’s death, he was merely expressing his sorrow in a healthy way, and that is a sign that he possesses compassion and God’s love. Rather than holding his emotions in because they are a threat to his masculinity or spirituality, Abraham expresses his sorrow, which can be seen as a sign of strength.

There is nothing wrong with him. There is no need to criticize his mental state or question the depth of his faith. He is experiencing legitimate pain and is openly and honestly expressing it in a healthy way. And if father Abraham can mourn, so can you!

2. You Have To Find A Way To Move On

The text says that after mourning and weeping in verse 2 that “he rose up” in verse 3. Is that not encouraging? Yes, he was down, but he didn’t stay down. He didn’t let the sadness of the moment and the gravity of the situation keep him in a place and a posture where he couldn’t do anything else.

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“He rose up,” the scripture says. We must mourn, and that is a good thing. We must grieve. We have to do that, but grief becomes good when you are able to find the strength, find the power, and find a way to get up and rise up, just as Abraham does.

He processes the reality that people come and people go. He accepts the fact that loved ones and spouses come and go. But then he realizes that a time comes when the mourning and the weeping must give way to rise above the pain.

3. Remember You Don’t Have To Walk Through Grief On Your Own

There is so much comfort to be found in knowing that when we go through we don’t have to go through grief by ourselves. It’s one thing to have to experience pain. It’s one thing to experience tragedy. It’s going thing to go through grief, but it’s comforting to know that we don’t have to go through it ourselves, because God is with us.

No matter what we’re facing, no matter what we’ve lost, no matter what changes are going on around us, one thing we can always count on is that the Lord remains the same. He is constant. He is consistent. He is reliable. He is in our corner. And He is with us every grief-stricken, tear-stained step of the way. May we not forget that as we encounter the grief-filled times in our life, and may we rely on Him when it feels like we can’t continue any longer in our own strength.

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No Limits with Pastor Delman

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QUESTIONS TO CONSIDER

1. Are you in a season of grieving right now? If so, what are you grieving?
2. Before today's message, would you have considered grieving a sign of weakness? Why or why not?
3. What is one way you can begin to "rise up" and move on from what you've been grieving?
