



Pastor Kelli Wommack “A Life Of Wholeness: Is There Any Good in Grief” 3/13/2022

Key Verses:

- Job 1, 19, 42

Key Thoughts:

- Good grief is a “minced oath”, meaning that it's a word or phrase that we use when we really want to say something else.
- Since we serve a good God, we believe there is some good in grief. It's important for us as believers to learn and embrace what God wants to do in us through grief and loss.
- Around March 13, 2020, we all began to experience loss. Every one of us has experienced loss in the last two years. We've lost normalcy, some of us lost jobs, income, social gatherings, church, movies, grocery shopping, loved ones, dreams.
- “We all face many deaths within our lives. The choice is whether these deaths will be terminal (crushing our spirit and life) or open us up to new possibilities and depths of transformation in Christ.” -Pete Scazzero
- One of the most challenging books of the Bible is Job because we fear that what happened to Job may happen to us.
- In Job 1:1-3, we learn that Job was a prosperous man, but he was also a man that was “blameless and upright” in the sight of God.
- We see in v.20 that in response to all of this loss that Job falls to the ground in worship.
- Job's wife and his friends try to get Job to curse God or turn away from him.
- The next 20 chapters are
- In Job 19:25-27, Job says that he knows his redeemer lives and that after all is said and done, Job himself will see God. All Job has left in his life is his wife and friends, none of which are good influences.
- Common defenses to grief and loss:
 - Denial, minimizing, blaming myself or others (or God), “over-spiritualizing”, rationalizing (offering excuses or justifications), intellectualizing (giving analysis and theories to avoid personal awareness or pain), distracting, becoming hostile, medicating (numbing our pain)

God's Three Phases for Processing Grief and Loss:

1. *Pay attention to the pain.*

- In the Psalms, we learn so much about how we can be sad, doubtful, or angry with God and those emotions are places that God can meet us. God is big enough to handle our emotions and pain.
- If we don't take our emotions to God, they build up in us and we become “leaky” Christians and that unprocessed emotion become things like passive aggression, sarcasm, harsh tones of voice.



- God uses our grief and loss to make us more like Jesus.
 - We read 35 chapters about Job's anger and doubt and how he processed that with God.
2. *Wait in the confusing in-between.*
- Waiting makes us feel out of control. Job's friends seemed to want a quick fix, but that's not what God wanted.
3. *Allow the old to birth the new.*
- Through grief and loss:
 - God reveals more of Himself and His character.
 - God reveals to us more about ourselves.
 - God makes us softer and more compassionate.
 - God makes us more of our true self in Christ.
 - God makes us more truly alive.
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- Job 42:5 – “My eyes have heard of you but now my eyes have seen you.”
 - Earlier Job said that his eyes “will” see God, but at the end, he says that his eyes have now seen God. Job has allowed God to meet him in the middle of his loss and because of that, he has seen and learned to love God like never before.

Discussion Questions:

- What would you consider a loss in the last two years?
- In what way(s) are you tempted to spin or cover your losses and miss God's deeper work in your interior?
- Which of the three phases for processing grief and loss is God speaking to you through the most?