

Grieving with Hope



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The fourth Sunday of Lent

Lent- originally came from an old English word with Germanic roots meaning Lengthen in reference to the spring days getting longer.



It is celebrated for forty days (not including Sundays) and represents the forty days that Christ was in the desert during his temptation.

Ash Wednesday Feb. 18, 2026

Maundy Thursday April 2, 2026

Prayer, Fasting, and Almsgiving

Stages of Grief

Kübler-Ross, Kessler



Denial: A survival mechanism that acts as a buffer to initial shock, allowing us to process the news at our own pace.

Anger: Realization of the loss sets in, often directed at doctors, loved ones, or the self.

Bargaining: A desperate attempt to negotiate, usually with a higher power, to change the outcome or alleviate pain.

Depression: The weight of reality sets in, characterized by profound sadness and withdrawal.

Acceptance: Acknowledging the new reality, not necessarily being "okay" with the loss, but accepting that it is permanent.

Finding Meaning: The final stage where one finds a way to make sense of the loss and honor the deceased, often resulting in personal growth



A Bold Act of Sacred Love & Intense Grief

Mark 14: 3-9



While he was in Bethany, reclining at the table in the home of Simon the Leper, a woman came with an alabaster jar of very expensive perfume, made of pure nard. She broke the jar and poured the perfume on his head.

⁴ Some of those present were saying indignantly to one another, “Why this waste of perfume? ⁵ It could have been sold for more than a year’s wages^l and the money given to the poor.” And they rebuked her harshly.

⁶ “Leave her alone,” said Jesus. “Why are you bothering her? She has done a beautiful thing to me. ⁷ The poor you will always have with you,^l and you can help them any time you want. But you will not always have me. ⁸ She did what she could. She poured perfume on my body beforehand to prepare for my burial. ⁹ Truly I tell you, wherever the gospel is preached throughout the world, what she has done will also be told, in memory of her.”

John 12: 1-3, 7

Six days before the Passover, Jesus came to Bethany, where Lazarus lived, whom Jesus had raised from the dead. ² Here a dinner was given in Jesus' honor. Martha served, while Lazarus was among those reclining at the table with him. ³ Then Mary took about a pint of pure nard, an expensive perfume; she poured it on Jesus' feet and wiped his feet with her hair. And the house was filled with the fragrance of the perfume.

Leave her alone," Jesus replied. "It was intended that she should save this perfume for the day of my burial.

Jesus is Our Hope

Now when people take an oath, they call on someone greater than themselves to hold them to it. And without any question that oath is binding. ¹⁷ God also bound himself with an oath, so that those who received the promise could be perfectly sure that he would never change his mind. ¹⁸ So God has given both his promise and his oath. These two things are unchangeable because it is impossible for God to lie. Therefore, we who have fled to him for refuge can have great confidence as we hold to the hope that lies before us. ¹⁹ This hope is a strong and trustworthy anchor for our souls. It leads us through the curtain into God's inner sanctuary. ²⁰ Jesus has already gone in there for us. He has become our eternal High Priest in the order of Melchizedek. Hebrews 6: 16-20





Death to one Kingdom
Allows for the Rise of Another

1 Samuel 16: 1-3



The LORD said to Samuel, “How long will you mourn for Saul, since I have rejected him as king over Israel? Fill your horn with oil and be on your way; I am sending you to Jesse of Bethlehem. I have chosen one of his sons to be king.”

² But Samuel said, “How can I go? If Saul hears about it, he will kill me.”

The LORD said, “Take a heifer with you and say, ‘I have come to sacrifice to the LORD.’” ³ Invite Jesse to the sacrifice, and I will show you what to do. You are to anoint for me the one I indicate.”

1 Samuel 16: 7, 12-13



But the LORD said to Samuel, “Do not consider his appearance or his height, for I have rejected him. The LORD does not look at the things people look at. People look at the outward appearance, but the LORD looks at the heart.”

Then the LORD said, “Rise and anoint him; this is the one.”

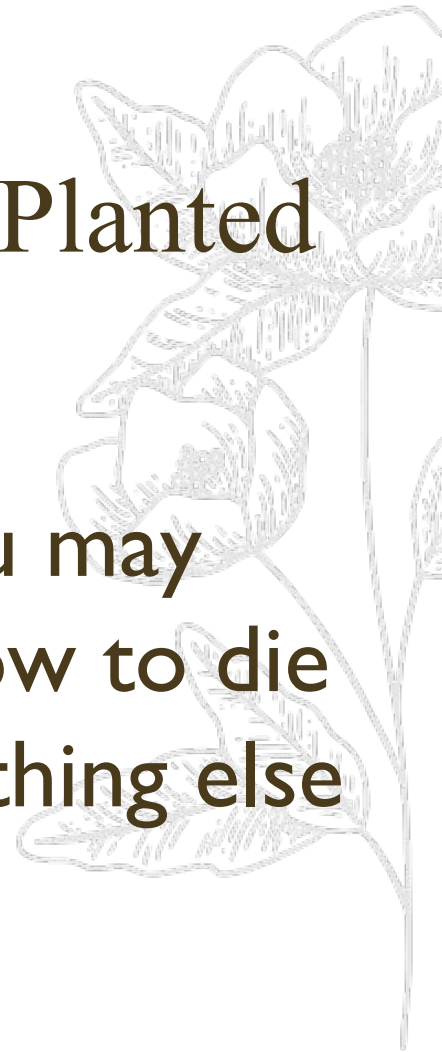
¹³ So Samuel took the horn of oil and anointed him in the presence of his brothers, and from that day on the Spirit of the LORD came powerfully upon David. Samuel then went to Ramah.

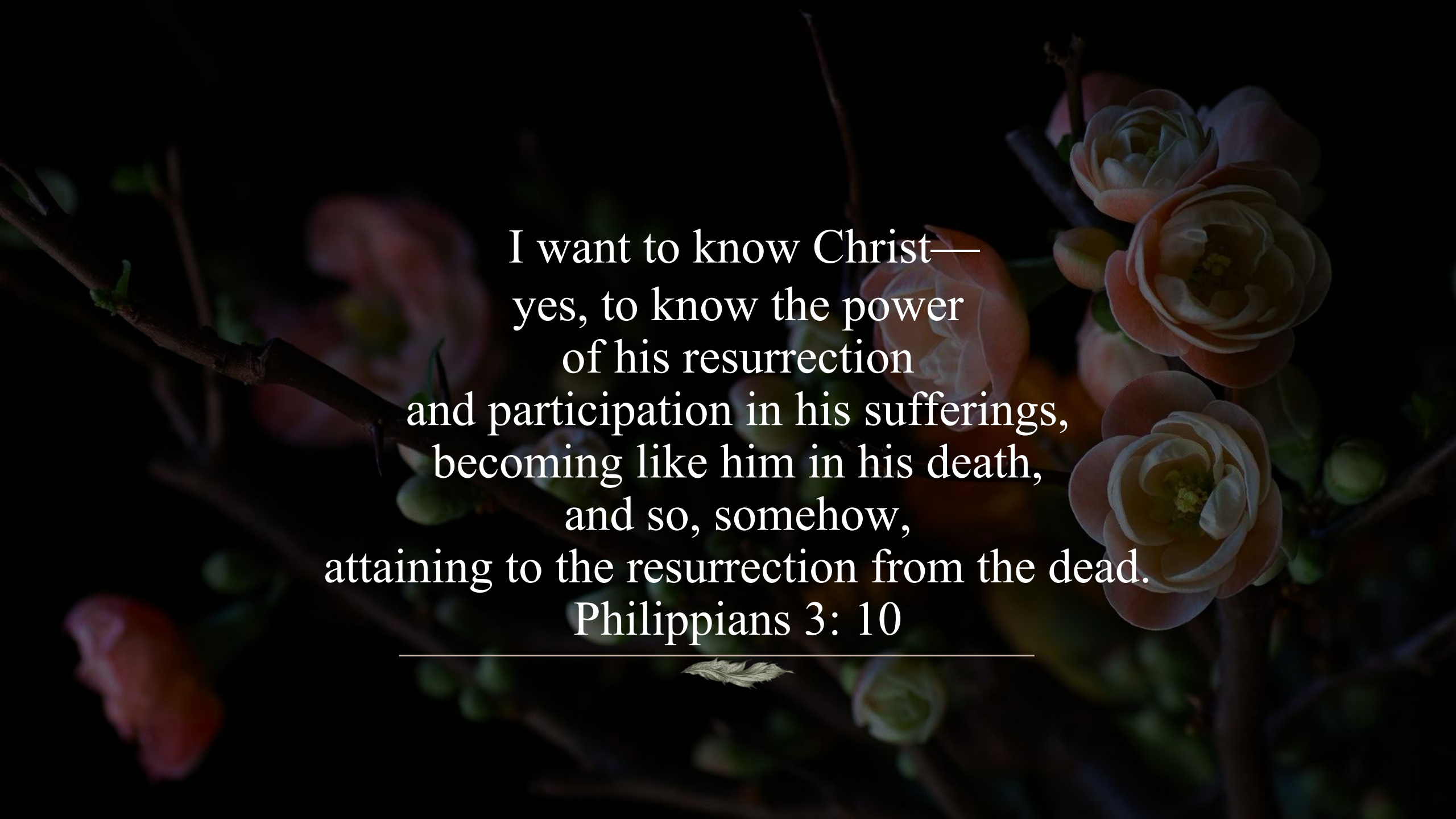


Seeds must die to be Planted



Is there a dream that you may need to let go of and allow to die in your life so that something else may be resurrected?

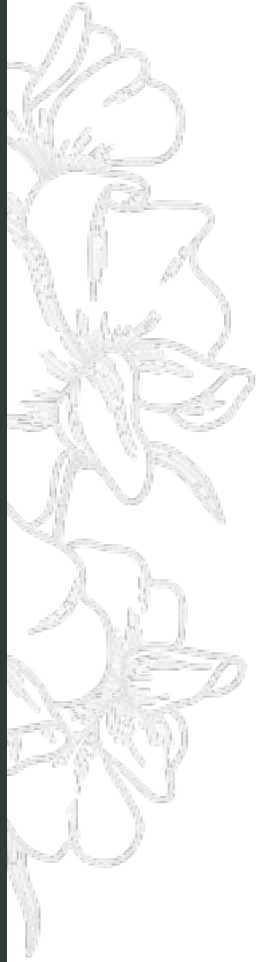




I want to know Christ—
yes, to know the power
of his resurrection
and participation in his sufferings,
becoming like him in his death,
and so, somehow,
attaining to the resurrection from the dead.

Philippians 3: 10





Paschal Mystery



1. Passion
2. Death
3. Resurrection
4. Glorification or Ascension

Passion and Death



1. What feels heavy in your life right now?
2. What pain or disappointment have you been holding on to?
3. Is there something or someone you are grieving?
4. Is Father God asking you to surrender something to him?

Resurrection and Glorification



1. Where have you seen small signs of hope or healing?
2. . What new direction or calling might be forming in you?
3. What does Father God want to give you in exchange for what you have surrendered to Him?

