

The Life of David: Grief

2 Samuel 1: 17:27

Grief is pervasive at all stages of our life and has the power to crush our life to the point where we can cease to believe in real hope.

Grief is a natural response to any loss that we experience.

“The story of Job is the story of us all.” –Jonathan Edwards

Learning to navigate through the complex waters of grief is essential for all.

Grieving is a central discipleship Issue.

“Grief is meant to be one of the main ways God ‘enlarges’ our soul and transforms us into lovers of Him and others.” –Pete Scazzero

How do we learn to grieve in a way where it leads us to become more like Jesus?

2 Samuel 1:17-27 NIV

David leans into pain by lamenting his losses.

2 Samuel 19:1; 4. NIV

Psalms 6: 2-3; 6-7 NIV

Psalms 13:1-2 NIV

Paying attention to our pain.

Paying attention to our pain requires us to embrace the pain of our losses, and to allow ourselves to feel the range of emotions that come from losing something or someone dear to us.

Addiction has become the most common way to deal with pain.

“When we do not process before God the very feelings that make us human, such as fear or sadness or anger, we leak. Our churches are filled with “leaking” Christians who have not treated their emotions as a discipleship issue. Grieving is not possible without paying attention to our anger and sadness.” –Pete Scazzero

Holding the tension in between times.

Psalm 13:1-6 NIV

A pattern of David weeping and crying out to God and at the same time an element of waiting and trusting in his goodness.

We have to learn to embrace the waiting however long it takes.

“God has not been trying an experiment on my faith or love in order to find out their quality. He knew it already. It was I who didn't. In this trial He makes us occupy the dock, the witness box, and the bench all at once. He always knew that my temple was a house of cards. His only way of making me realize the fact was to knock it down.” –C.S. Lewis

There is no pain or grief or sorrow that God cannot redeem.

Letting the old birth the new.

“Good grieving is not just letting go, but also letting it bless us. The central message of Jesus and the Bible is that suffering, and death brings resurrection and transformation.” –Pete Scazzerro

John 12:24 NIV

The hope of the message this morning is that as we persevere through our grief and allow our grief to bless us, in time, God will enlarge our souls and grow us to become & more like Him.