

Resilience, part 8

Discovering the Treasures in Loss and Grief

“It is therefore not true that we become less through loss, unless we allow the loss to make us less, grinding our soul down until there is nothing left...Loss can also make us more... I did not get over the loss of my loved ones; rather, I absorbed the loss into my life, like soil receives decaying matter, until it became part of who I am. Sorrow took up permanent residence in my soul and **enlarged it. The soul is elastic like a balloon. It can grow larger through suffering.**” -Jerry Sittser, “A Grace Disguised”

Isaiah 45:3

Different kinds of Loss

- Devastating Losses
- Unexpected Losses
- Losses along the Way

No one escapes losses in life

Everyone experiences loss differently

Learning to hold loss and grief before God is central to the work of discipleship and a key to developing resilience!

Why as a culture even in Christian culture are we so averse to loss and grief?

- 1) We overvalue control
- 2) As a result, we view loss/grief as an interruption

Ephesians 5:15-16

Scripture and loss/grief

Esther 4:1-3

Book of Job

Lamentations

Luke 22:39-44

Hebrews 5:7

From Genesis to Revelation, the Scriptures invite us to integrate seasons of grief and sadness as a central aspect of the spiritual life. To reject these seasons is to live only a half-life, and to live a more immature spiritual life.

The book of Psalms

Psalm 42:1-3

Psalm 43:2

Psalm 88:1-7

5 Treasures loss and grief

1. God offers us a revelation of Himself
2. God makes us more compassionate
3. God gives us a greater revelation of ourselves
4. God makes us more of our true self in Christ
5. God makes us more truly alive to our world

Psalm 13:1-5

How long o Lord?