

Resilience, part 9

Discovering the Treasures of Loss and Grief - part 2

Matthew 11:28-30. The Message version

“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 losses

- Devastating losses
- Unexpected loss
- Losses along the way

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

2 Corinthians 12:9-10

Matthew 5:3-4

Losses are experienced in different seasons of life

5 Treasures Loss and Grief

1. God offers us a revelation of Himself
Lamentations 3:22-24
2. God makes us more compassionate
John 13:34-35
3. God gives us a greater revelation of ourselves
Ephesians 4:22-24
4. God makes us more of our true self in Christ

5. God makes us more truly alive to our world

Waiting for God in these difficult times

Jesus prayed with loud cries and tears

Hebrews 5:7 NLT

Embrace your feelings

- What are you angry about?
- What are you sad about?
- What are you anxious about?
- What are you glad about?

Allow Jesus to give birth the new!

Our losses are real, and they need to be grieved. But so is the resurrection of our living God!

John 12:24