



Sermon Title: Lifewise part 4

Sermon Title: Healing Grief

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Grief looks and feels different to every person. To live life-wise, it's good for each of us to understand how to respond when a loved one dies.

Big Idea: The chaos of grief decreases if you allow God to increase.

Grief has tremendous physical effects on the body (**Psalm 31:9**). Denying grief and its effects will increase the destruction it brings. What causes grief? Simply put: LIFE doesn't go as expected or hoped for.

Let's observe three VIEWS of grief in Job's life.

A PERSONAL VIEW OF GRIEF:

Job 1:18-21

Job experienced grief. He lost his wealth, his friends, his community status, Finally – Job endures the most unnatural grief there is - Job 1.18 -19. He lost his sons and daughters.

In Job 1:20-22, we see Job's personal view. Job arose, tore his robe, shaved his head, fell on the ground, and worshiped.

The way Job allowed God to increase in this moment was **WORSHIP!** He makes some painful declarations, and in the moment, he is able to say, "blessed be the name of the LORD." But acceptance and worship are not the only feelings people experience.

If you read more of the book of Job, you will be able to see many of the five stages of grief Denial, Anger, Bargaining, Depression, Acceptance

Even though these stages appear to be a progression – the stages of grief are **LESS** like traveling on a train, making progressive stops along the way. Instead, the stages of grief are more like traveling inside a twisting, swirling, destructive tornado, not knowing where you will be dropped down at any given moment.

When you experience the death of a loved one, you may go through some or all of these Stages; you may get stuck in one for a while, but please believe - Worship! Proclaiming your faith in God and his inherent compassion, care, and love for you will be healing.

A FRIEND'S VIEW OF GRIEF:

Job 2:11-13

The view from Job's friends initially shows us how to minister well to someone who is grieving:

Take Action: Job's friends came from far and wide.

Show up: Job's friends made a sacrifice, and when you decide to minister to someone in their grief, it will be a sacrifice for you: your time, possibly your wallet, and maybe time away from your family for a while.

Join in the grief: Job's friends realized Job's distress they simply sat down. No words were necessary – Proverbs 25:20

We see this at the end of the book - After God personally speaks to Job and Job has reached a less chaotic place of mind; Job 42:11a

GOD'S VIEW OF GRIEF:

Precious in the eyes of the LORD is the death of his saints. **Psalms 116:15**

Even Jesus mourned (John 11:35; Matthew 23:37-39). Even though Jesus knew He was going to raise Lazarus from the dead, He felt the grief of the situation. By JESUS OWN EXAMPLE - Grieving is not a sign of weakness; it's another way we imitate our Creator God.

Psalm 34:18 "The Lord is near to the brokenhearted and saves the crushed in spirit."

Matthew 5:4 "Blessed are they that mourn: for they shall be comforted."

Myths and facts about grief:

MYTH: The pain will go away faster if you ignore it.

FACT: Trying to ignore your pain or keep it from surfacing will only worsen it in the long run. It is necessary to face your grief and actively deal with it for natural healing.

MYTH: It's important to be "strong" in the face of loss.

FACT: Feeling sad, frightened, or lonely is a normal reaction to loss. Crying doesn't mean you are weak. You don't need to "protect" your family or friends by putting on a brave front. Showing your true feelings can help them and you.

MYTH: If you don't cry, you aren't sorry about the loss.

FACT: Crying is a normal response to sadness, but it's not the only one. Those who don't cry may feel the pain as deeply as others. They may simply have other ways of showing it.

MYTH: Grief should last about a year.

FACT: There is no right or wrong time frame for grieving. How long it takes can differ from person to person. Understand that grief doesn't go away — we just learn how to manage it differently daily.

Discussion Questions:

- What about the sermon stuck with you this week? What part challenged your thinking?
- How do believers grieve differently than unbelievers?
- What role does God have in helping us with our grief?
- Have you ever come alongside someone who was experiencing deep grief? Discuss
- What approach do you have when supporting a grieving person? Do you attempt to comfort them with your presence or your words?