

Loss and Grief:

Conservative number of lament Psalms—61

Pain, death, and loss is relative.

“And they rose up and drove him out of the town and brought him to the brow of the hill on which their town was built, so that they could throw him down the cliff.”

Luke 4:29 ESV

“Now when Jesus heard this, he withdrew from there in a boat to a desolate place by himself. But when the crowds heard it, they followed him on foot from the towns.”

Matthew 14:13 ESV

“O Jerusalem, Jerusalem, the city that kills the prophets and stones those who are sent to it! How often would I have gathered your children together as a hen gathers her brood under her wings, and you were not willing! Behold, your house is forsaken. And I tell you, you will not see me until you say, 'Blessed is he who comes in the name of the Lord!'"”

Luke 13:34-35 ESV

“And when he drew near and saw the city, he wept over it, saying, "Would that you, even you, had known on this day the things that make for peace! But now they are hidden from your eyes. For the days will come upon you, when your enemies will set up a barricade around you and surround you and hem you in on every side and tear you down to the ground, you and your children within you. And they will not leave one stone upon another in you, because you did not know the time of your visitation."”

Luke 19:41-44 ESV

“And he withdrew from them about a stone's throw, and knelt down and prayed, saying, "Father, if you are willing, remove this cup from me. Nevertheless, not my will, but yours, be done." And there appeared to him an angel from heaven, strengthening him. And being in agony he prayed more earnestly; and his sweat became like great drops of blood falling down to the ground.”

Luke 22:41-44 ESV

A Grace Disguised: By Jerry Sittser

“God, spare us a life of fairness. To live in a world of grace is better by far than to live in a world of absolute fairness. A fair world may make life nice for us, but only as nice as we are. We may get what we deserve, but I wonder how much that is and whether or not we would really be satisfied. A World of grace will give us more than we deserve. It will give us life, even in our suffering.”

Rough guideline for grief

- Accept the loss
- Experience the pain
- Adjust
- Remember and Reinvest

“The Lord is near to the brokenhearted and saves the crushed in spirit. Many are the afflictions of the righteous, but the Lord delivers him out of them all. He keeps all his bones; not one of them is broken. Affliction will slay the wicked, and those who hate the righteous will be condemned. The Lord redeems the life of his servants; none of those who take refuge in him will be condemned.”

Psalm 34:18-22 ESV

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“Never have I felt as much pain as I have the last three years, yet, never have I experienced so much pleasure in being alive and living an ordinary life. Never have I felt so broken, yet, never have I been so whole. Never have I been so aware of my weakness and vulnerability, yet, never have I been so content and felt so strong. Never has my soul been more dead, yet, never has my soul been more alive.”