

## Good Grief: It's OK to Not Be OK

### Introduction

Grief is the loss of something (David Kessler, death and grieving researcher).

ie. Job loss, loss of relationship, loss of a person, etc.

We are all grieving, or we know someone who is grieving.

- COVID-19, Transition, Racial Tension

### **1 I Grieve, Jesus Grieves**

Matthew 14:1-11, Story of John the baptist beheaded.

Matthew 14:12-13a, "John's disciples came and took his body and buried it. Then they went and told Jesus. When Jesus heard what had happened, he withdrew by boat privately to a solitary place."

#### **1 Jesus Grieves**

- John was Jesus' cousin and forerunner; his death was significant.
- Jesus did not avoid the pain. He was not distracted from it. He felt the pain, fully.
- Jesus chose to withdraw privately to seek solitude, and to seek His Father in the middle of His pain.
- Jesus is the most manliest of all men and He sets aside time to cry.

#### **2 What Am I Feeling?**

- Our world is so busy, we might not know what we feel.
- The TV show "Alone".
- We are so good at distracting ourselves, both on purpose and on accident.

#### **3 The Pain Weighs Heavily.**

- Each person grieves differently, do not compare.
- 5 Stages of Grief - helpful to recognize, but there is not a rule for grief.
- Maybe God feels really close in your suffering, maybe He feels distant. However you feel, "God is near the brokenhearted and saves the crushed in spirit." (Psalm 34:18)

## **2. We All Grieve**

We need moments alone with the Father to grieve, like Jesus does in the Garden of Gethsemane and in this story of his seeking a place of solitude. But we also need to grieve together.

### **1 Will you grieve with me?**

- Mark's and Luke's accounts of this narrative indicate that Jesus and all the disciples went alone, *together*. Matthew's indicates that it was just Jesus, but it is important to note that Jesus includes others in his grieving process.
- We are really good at pretending to be okay!
- How real must have the disciples been with one another? There were only twelve of them. *How many friends do you have? How close do you let yourself get with them?*
- Vulnerability breeds authenticity in one's personal life. Millennials and Generation Z crave authenticity. *How are we modeling vulnerability and authenticity for them?*

### **2 Can I grieve with you?**

- We are all grieving or know someone who is grieving!
- Each grieving person is experiencing their own worst grief. (I.e. a student not returning to school at the start of COVID-19 might have been their first real experience with grief. Listen to their hurt. Be present. Pray with them.)

### **3. Grief Empowers**

Matthew 14:13b-14, "Hearing of this, the crowds followed him on foot from the towns. When Jesus landed and saw a large crowd, he had compassion on them and healed their sick."

- Jesus' grief spurred him into action
- Compassion: *splagchnizomai* (slangkh-nid-zom-ahee) - To have the bowels yearn. To feel sympathy.
- Psalm 30:5b, "Weeping may remain for a night, but rejoicing comes in the morning."
- Grief is a posture, not an identity.
- *How can you let God use your grief to help others through their grief?*

### **Conclusion**

*How are you grieving?*

*Who is grieving with you?*

*Who are you grieving with?*

*How are you allowing God to use your grief experience to bless others?*