

Lesson 3

Grief, Loneliness, and Loss

Coping with Heartache

Introduction

“**Heartache**” can be an umbrella word that covers, *LOSS*, *GRIEF*, and *LONELINESS*.

Loss: Loss of loved ones, loss of friends, loss of physical and mental abilities, loss of opportunities.

Grief: A temporary sadness over a specific loss.

Loneliness: The emotional longing for whoever was lost.

For those of us willing to acknowledge that we are “old”, it is easy to think that we have more than our share of loss, grief and loneliness. We should consider it a treasured reflection of a life well lived. We cannot experience loss of someone who we never knew. We cannot experience grief over someone we never loved and, we cannot experience loneliness over someone whose love we never shared.

Reflective Thoughts:

By Other People: Agree / Disagree

“Tis better to have loved and lost than to have never loved at all.”

“Pain is for the living; only the dead don’t feel it.”

“When all is said and done, GRIEF is the price we pay for love”

From God: Agree!

When you pass through the waters, I will be with you, and the rivers will not overwhelm you. When you walk through the fire, you will not be scorched, and the flame will not burn you (Isaiah 43:2).

No matter the loss, the grief, or the loneliness, God will be there for us.

Activities

1. Define: Grief.
2. Define: Heartache:
3. Related Bible Verses: : *Read the following verses and be prepared to share how you identify, or relate specifically to one of them:*
 - a. Revelation 21:4

- b. Psalm 34:18
- c. 2 Corinthians 1:3-5
- d. John 16:22

Key Points for Discussion

1. Did God ever grieve?
2. Does a person have to die for us to grieve their loss?
3. Who were bible characters who grieved over lost friends, family, or a spouse?
4. What are your thoughts on:
 - a. What is at the bottom of, or at the core of our grief?
 - b. Discuss words we use to try to explain the emotion of grief. (Heavy-hearted, hole-piercing, gut-wrenching, etc.)
 - c. Cultures where there is an expected number of days for mourning and then get on with your life.

Applications

1. The walls we build around our heart to prevent it from hurting again from lost love, may also keep our heart from receiving new love.
2. 2 Corinthians 1:4: “He comforts us in all our affliction, so that we may be able to comfort those who are in any kind of affliction, through the comfort we ourselves receive from God.”

My Prayer for Dealing with Grief:

Dear Lord....

Today's Bible Verses

- Revelation 21:4 – He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.
- Psalm 34:18 – The Lord is close to the brokenhearted and saves those who are crushed in spirit.
- 2 Corinthians 1:3-5 – Praise be to God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. For just as we share abundantly in the sufferings of Christ, so also our comfort abounds through Christ.
- John 16:22 – So with you: Now is your time of grief, but I will see you again and you will rejoice, and no one will take away your joy.
- Psalm 147:3 – He heals the brokenhearted and binds up their wounds.

Do you have a favorite? List it here and add the favorites of others in the class.