

## SOUL INJURIES

### Session 7 “Overcoming Grief”

#### Psalm 23:1-3 (KJV) –

The LORD is my shepherd; I shall not want.

<sup>2</sup> He maketh me to lie down in green pastures: he leadeth me beside the still waters.

<sup>3</sup> He restoreth my soul:

#### I. Review

##### A. Soul Injuries =

An overlooked, unassessed wound that separates one from their “Real Self” that causes a person to feel personally defective, inadequate, or unworthy.

*A soul injury occurs when specific circumstances cause inward pain and injury that leave a long-lasting scar...*

*... Which dictates the future of the injured in a negative way*

*Dale Campbell*

##### B. Recent Sermons

1. Rejection – Abandonment
2. Offense
3. When soul injuries become strongholds
4. Inner peace and soul sickness

## II. The Reality of Death and Grief

- A. Every person experience and learns to deal with death and grief throughout their lifetime
  - 1. The natural order vs untimely death
  
- B. In God’s perfect creation there would have been no death therefore there would have been no grief
  
- C. When we experience the death of a loved one, mourning and loss/grief is a natural part of the healing process.
  
- D. The characters of the Bible grieved the loss of their loved ones.

- 1. Abraham mourns Sarah’s death

**Genesis 23:1-2 (NIV)** – <sup>1</sup>Sarah lived to be a hundred and twenty-seven years old. <sup>2</sup>She died at Kiriath Arba (that is, Hebron) in the land of Canaan, and Abraham went to mourn for Sarah and to weep over her.

- 2. David mourns for Saul and Jonathan

**2 Samuel 1:11-12 (KJV)** – <sup>11</sup>Then David took hold on his clothes, and rent them; and likewise all the men that were with him: <sup>12</sup>And they mourned, and wept, and fasted until even, for Saul, and for Jonathan his son, and for the people of the LORD, and for the house of Israel; because they were fallen by the sword.

- 3. David mourns for Absalom

**2 Samuel 18:33 (NLT)** –

The king was overcome with emotion. He went up to the room over the gateway and burst into tears. And as he went, he cried, “O my

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son Absalom! My son, my son Absalom! If only I had died instead of you! O Absalom, my son, my son.

4. Jesus wept at the death of Lazarus  
**John 11:35 (KJV)** – Jesus wept

**III. THE HEALING PROCESS OF MOURNING VS LIFE ALTERING GRIEF**

A. There is a natural process of grief that is part of our healing

1. To be healed of grief doesn't mean to get over
2. There is some soul injury pain that will always be with me
3. While some memories of hurt will always be with, these memories do not have to dominate and rule over my life in a negative way.
4. While the natural process of healing through mourning is painful, it produces something positive in me.
  - i. Example: while memories of loved ones may produce a sense of great pain, they also have the potential to produce great joy.
  - ii. Memories are a celebration of the life of those God allowed us to do life with.
  - iii. Be cautious about closing and driving out all memory of your loved one

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### B. Unhealthy Grief

Unresolved grief =

1. It lasts much longer than normal grief, sometimes for many years
2. It is much more severe and intense
3. Rather than lessening, unresolved grief may intensify or worsen over time

### C. Unhealthy grief interferes with a person's ability to function in daily life.

#### Signs of unresolved grief

1. Intense sadness that doesn't improve
2. Fond memories turn painful
3. Avoid getting close to people – relationship fears
4. Numbness, emptiness, fatigue, physical issues
5. Avoidance of reminders of the loss
6. Unwillingness to speak about the loss
7. Phobias and anxieties (For adults, often about their health)
8. Guilt, panic attacks
9. Depression, intense tension, intense bitterness, feelings of worthlessness.
10. Suicidal thoughts

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## D. Scriptures

**Psalm 31:9-10 (NLT)** – <sup>9</sup>Have mercy on me, Lord, for I am in distress. Tears blur my eyes. My body and soul are withering away. <sup>10</sup>I am dying from grief; my years are shortened by sadness. Sin has drained my strength; I am wasting away from within

**Psalm 31:9(AMP)** – Be gracious *and* compassionate to me, O LORD, for I am in trouble; My eye is clouded *and* weakened by grief, my soul and my body also.

## E. Scientific evidence

1. Heart issues, lowered immunity from disease, digestive issues, body aches and pains increase or become worse because of unresolved grief
2. Heather Stang Study = the chances of a heart attack or stroke may double after a partner's death.
3. Dr. Richard Honaker = Grief causes changes in brain chemicals such as dopamine and serotonin which are connected to our total well-being.
4. Others studies – extreme exhaustion, headaches, loss of appetite and sleep – attributed to long-term grief

## F. Personal Stories

1. My Aunt – *Lost a child but was never able to heal and move forward; eventually committed suicide*
2. My Father – *Lost his wife (my mother) suddenly in a car accident*

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- i. Was never able to discuss my mother's good memories without some form of break-down
- ii. Was unable to celebrate the good things of her life because of grief
- iii. Experienced major fear, anxiety, increased illness (Parkinson's)
- iv. Much of my father died the day my mother passed.

### IV. How do you receive healing from grief?

#### A. Grief in the life of the believer

##### **1 Thessalonians 4:13-18 (NLT) –**

<sup>13</sup> And now, dear brothers and sisters, we want you to know what will happen to the believers who have died<sup>[a]</sup> so you will not grieve like people who have no hope.

<sup>14</sup> For since we believe that Jesus died and was raised to life again, we also believe that when Jesus returns, God will bring back with him the believers who have died.

<sup>15</sup> We tell you this directly from the Lord: We who are still living when the Lord returns will not meet him ahead of those who have died.<sup>[b]</sup>

<sup>16</sup> For the Lord himself will come down from heaven with a commanding shout, with the voice of the archangel, and with the trumpet call of God. First, the believers who have died<sup>[c]</sup> will rise from their graves. <sup>17</sup> Then, together with them, we who are still alive and remain on the earth will be caught up in the clouds to meet the Lord in the air. Then we will be with the Lord forever. <sup>18</sup> So encourage each other with these words.

- KJV – Sorrow not even as others who have no hope
- KJV – Comfort one another with these words

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- We sorrow but not as those who have no hope
- We find comfort in the Word of God
- We grieve but not the same as the world

### B. My personal grief story with my mother

1. We knew exactly where mother was/is
2. We celebrate her life
3. We still miss her
4. We will be re-united with her
5. We are comforted by these thoughts
  - Always REMIND YOURSELF of your faith
  - REMIND yourself of your loved one's faith
  - REMIND yourself – this life is not all that there is
  - REMIND yourself – of your future!
6. David mourns his infant son

#### **2 Samuel 12:18-24 (KJV) –**

<sup>18</sup> And it came to pass on the seventh day, that the child died. And the servants of David feared to tell him that the child was dead: for they said, Behold, while the child was yet alive, we spake unto him, and he would not hearken unto our voice: how will he then vex himself, if we tell him that the child is dead?

<sup>19</sup> But when David saw that his servants whispered, David perceived that the child was dead: therefore David said unto his servants, Is the child dead? And they said, He is dead.

<sup>20</sup> Then David arose from the earth, and washed, and anointed himself, and changed his apparel, and came into the house of the LORD, and worshipped: then he came to his own house; and when he required, they set bread before him, and he did eat.

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<sup>21</sup> Then said his servants unto him, What thing is this that thou hast done? thou didst fast and weep for the child, while it was alive; but when the child was dead, thou didst rise and eat bread.

<sup>22</sup> And he said, While the child was yet alive, I fasted and wept: for I said, Who can tell whether GOD will be gracious to me, that the child may live?

<sup>23</sup> But now he is dead, wherefore should I fast? can I bring him back again? I shall go to him, but he shall not return to me

**C. Unsaved Loved Ones**

1. We do not know everything
2. There will be many people who were saved that we didn't realize they were saved
3. There will be many who made things right at the end.
4. Questions?
  - Did they know the gospel ?
  - Did they know how to receive?
5. TRUST GOD = Surrender it to the Lord

**D. Practical Steps**

1. Celebrate the good memories
2. Don't be afraid to talk with others about the good memories
3. Don't isolate yourself – surround yourself with friends and family
4. Be active – work or volunteer
5. Strengthen your personal faith
6. Pray – ask the Holy Spirit for strength
7. Never lose sight of Heaven – Heaven is my destination