

When Faith Isn't Fun: Grief

March 1, 2026

1. In Our Grief, God Desires We Experience His Comfort Not Despair.

- *Matthew 5:4* Blessed are those who mourn, for they will be comforted.
- *1 Thessalonians 4:13* We do not want you to be uninformed, brothers and sisters, concerning those who are asleep, so that you will not grieve like the rest, who have no hope.
- *C.S. Lewis, Mere Christianity.* “Comfort is the one thing you cannot get by looking for it. If you look for truth, you may find comfort in the end. If you look for comfort, you will not get either comfort or truth — only soft soap and wishful thinking to begin with and, in the end, despair.”

2. Grief Is Real & Right

- *Psalms 34:18* The LORD is near the brokenhearted; he saves those crushed in spirit.
- *Isaiah 53:3* He is despised and rejected by men, A Man of sorrows and acquainted with grief.

3. Grief Raises Genuine Questions About God's Love & Faithfulness

- *Psalms 42:4* I remember this as I pour out my heart: how I walked with many, leading the festive procession to the house of God, with joyful and thankful shouts. 5 Why, my soul, are you so dejected? Why are you in such turmoil? ... 9 I will say to God, my rock, “Why have you forgotten me?”

4. The Faith-Response To Grief Is Choosing To Praise God

- *Psalms 42:5* Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

5. Grief Requires Patiently Waiting For God's Comfort

- *Psalms 40:1* I waited patiently for the LORD, and he turned to me and heard my cry for help.

6. Grief Creates Unique Opportunities For God's Joy

- *Psalms 40:2* He brought me up from a desolate pit, out of the muddy clay, and set my feet on a rock, making my steps secure. 3 He put a new song in my mouth, a hymn of praise to our God. ...

7. Our Grief Can Bring Others To Jesus

- *Psalms 40:3* ... Many will see and fear, and they will trust in the LORD.