

1 Group

welcome revised_.PNG











¹³But we do not want you to be uninformed, brothers, about those who are asleep, that you may not grieve as others do who have no hope.

1 Thessalonians 4:13

7 1 Thessalonians 4:13

GRIEVE HONESTLY

WE RESISIT LOSING CONTROL

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WE VIEW LOSSES AS INTERUPTIONS

⁴a time to weep, and a time to laugh; a time to mourn, and a time to dance; Ecclesiastes 3:4

11 Ecclesiastes 3:4

³My tears have been my food day and night, while they say to me all the day long, "Where is your God?"

Psalms 42:3

12 Psalms 42:3

¹⁸The LORD is near to the brokenhearted and saves the crushed in spirit.

Psalms 34:18

13 Psalms 34:18

GRIEVE HOPEFULLY

that you may not grieve as others do who have no hope

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Tell God How I Feel

⁹Be gracious to me, O LORD, for I am in distress; my eye is wasted from grief; my soul and my body also.

Psalms 31:9

17 Psalms 31:9

Receive Comfort from God

³Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, ⁴who comforts us in all our affliction,

2 Corinthians 1:3-4a

19 2 Corinthians 1:3-4

³Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, ⁴who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God.

2 Corinthians 1:3-4

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2 Corinthians 1:3-4

Allow God to Form Me in my Grief

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²⁸And we know that for those who love God all things work together for good, for those who are called according to his purpose. ²⁹For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn among many brothers. Romans 8:28-29

22 Romans 8:28-29

"It is therefore not true that we become less through loss – unless we allow the loss to make us less, grinding our soul down until there is nothing left...Loss can also make us more...I did not get over the loss of my loved ones; rather, I absorbed the loss into my life, like soil receives decaying matter, until it became part of who I am.

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Sorrow took up permanent residence in my soul and enlarged it...The soul is elastic, like a balloon. It can grow larger through suffering."

Jerry Sittser

GRIEVE TEMPORARILY

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¹⁴For since we believe that Jesus died and rose again, even so, through Jesus, God will bring with him those who have fallen asleep. ¹⁵For this we declare to you by a word from the Lord, that we who are alive, who are left until the coming of the Lord, will not precede those who have fallen asleep. ¹⁶For the Lord himself will descend from heaven with a cry of command,

with the voice of an archangel, and with the sound of the trumpet of God. And the dead in Christ will rise first. ¹⁷Then we who are alive, who are left, will be caught up together with them in the clouds to meet the Lord in the air, and so we will always be with the Lord. ¹⁸Therefore encourage one another with these words. 1 Thessalonians 4:14-18

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1 Thessalonians 4:14-18

The Spirit of the Lord GOD is upon me, because the LORD has anointed me to bring good news to the poor; he has sent me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to those who are bound; ²to proclaim the year of the LORD's favor,

28 Isaiah 61:1-3

and the day of vengeance of our God; to comfort all who mourn; ³to grant to those who mourn in Zion—to give them a beautiful headdress instead of ashes, the oil of gladness instead of mourning, the garment of praise instead of a faint spirit; that they may be called oaks of

29 Isaiah 61:1-3

righteousness, the planting of the LORD, that he may be glorified.

Isaiah 61:1-3

30 Isaiah 61:1-3

³He was despised and rejected by men, a man of sorrows and acquainted with grief; and as one from whom men hide their faces he was despised, and we esteemed him not. ⁴Surely he has borne our griefs and carried our sorrows; yet we esteemed him stricken,

31 Isaiah 53:3-5

smitten by God, and afflicted. ⁵But he was pierced for our transgressions; he was crushed for our iniquities; upon him was the chastisement that brought us peace, and with his wounds we are healed.

Isaiah 53:3-5

32 Isaiah 53:3-5

