

How to live as a Christian in an anxious world: Growing Through Grieving

Psalm 116

- I. What is grief?
 - a. The definition (3)
 - b. The difference - Grieving, mourning, lamenting
1 Thess. 4:13
 - c. The process (the grief wheel)
 - Shock and numbness
 - Yearning and searching
 - Disorganization and despair
 - Reorganization and recovery

- II. Why do we grieve?
 - a. Because of our brokenness – grief originates from the fall (3-4)
 - b. Because of our emptiness – grief exposes our humanity (10-11)

However, God is gracious, righteous and merciful (5-7)

- III. How do we grow through grieving?
 - a. Respond to the bountiful love of the Lord – God loves you (12)

 - b. Call on the name of Lord – God hears you (2, 4, 13, 17)
 - *There is no time limit to your grieving so there is no time limit to your lamenting*
 - *Your grieving is unique to you so resist comparing and keep calling on the name of the Lord*
 - *Intentionally make time to grieve willingly*

 - c. Speak sacrifices of thanksgiving – God redeems you (14-19)
 - *Share your grief with the right group deeply*
 - *Share parts of your life with other groups wisely*
 - *Speak sacrifices of thanksgiving with everyone widely*

Psalm 116:1-2