

Academy lesson 4 notes

Types of grief

i. Have the right grief (Godly or worldly)

“For even if I made you grieve with my letter, I do not regret it—though I did regret it, for I see that that letter grieved you, though only for a while. 9 As it is, I rejoice, not because you were grieved, but because you were grieved into repenting. For you felt a godly grief, so that you suffered no loss through us.

10 For godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death. 11 For see what earnestness this godly grief has produced in you, but also what eagerness to clear yourselves, what indignation, what fear, what longing, what zeal, what punishment! At every point you have proved yourselves innocent in the matter” (2 Co 7:8–11)

Godly grief

- Godly grief produces repentance.
- Indignation.
- Zeal
- Punishment or revenge refers to the actions taken against the sin.
- They were not trying to justify themselves, but rather sought the pleasure of God and preservation of holiness.

Worldly grief

“See to it that no one fails to obtain the grace of God; that no “root of bitterness” springs up and causes trouble, and by it many become defiled; 16 that no one is sexually immoral or unholy like Esau, who sold his birthright for a single meal. 17 For you know that afterward, when he desired to inherit the blessing, he was rejected, for he found no chance to repent, though he sought it with tears.” (Heb 12:15–17)

- Notice the bitterness that is a result which is called defilement.
- Tears and sincere grief alone are not signs of repentance.

ii. Have the right measure of grief (Moderate and immoderate)

“Consider him who endured from sinners such hostility against himself, so that you may not grow weary or **faint hearted**. 4 In your struggle against sin you have not yet resisted to the point of shedding your blood. 5 And have you forgotten the exhortation that addresses you as sons? “My son, do not **regard lightly** the discipline of the Lord, nor be weary when reproved by him. 6 For the Lord disciplines the one he loves, and chastises every son whom he receives.” (Heb 12:3–6)

“Some in adversity kick against God’s will, others despond; neither is to be done by the Christian, who is peculiarly the child of God. To him such adverse things occur only by the decree of God, and that designed in kindness, namely, to

remove the defilements adhering to the believer, and to exercise his patience”
(Robert Jamieson, A. R. Fausset, and David Brown, Commentary Critical and Explanatory on the Whole Bible, vol. 2 (Oak Harbor, WA: Logos Research Systems, Inc., 1997), 476)

Two Ditches of Worldly Grief

- b. Despising (Hebrews 12:5)
 - i. To regard lightly the discipline of the Lord
 - ii. Can be seen in hyper-calvinism
 - iii. To treat the suffering as nothing. “If my child dies, then they die. If God takes it all, then take it all.”
- b. Fainting
 - iv. The other extreme in which one is utterly distraught at the suffering.

“When the sun rose, God appointed a scorching east wind, and the sun beat down on the head of Jonah so that he was faint. And he asked that he might die and said, “It is better for me to die than to live.” 9 But God said to Jonah, “Do you do well to be angry for the plant?” And he said, “Yes, I do well to be angry, angry enough to die.” (Jon 4:8–9)

Moderate grief

- iii. Godly grief that recognizes that everything is from the hand of the Lord and that it is ok to grieve.

Patterns of grief

Grieving is a spiral.

- 1. Upward
 - 1. Numbness/shock
 - 2. emptiness/solitude
 - 3. Anxiety/Guilt/Shame
 - 4. Anger/Irritability
 - 5. Sadness/Grief
 - 6. Acceptance
- 2. Downward
 - 1. Numbness/Shock
 - 2. Emptiness/Isolation
 - 3. Fear/Anxiety/Guilt/Shame
 - 4. Anger/Animosity
 - 5. Resentment/Bitterness
 - 6. Sadness/Despair

iii. Key distinction is fear.

iv. Key to grief, hope