

Sharing and Overcoming Grief

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

(2 Cor. 1:3-4)

Last week we introduced our study on the impact of grief and loss on our daily lives. Looking at the various stages of grief and how we overcome. As mentioned before there are a variety of circumstances and situations that can trigger great pain and grief. So we can never compare or qualify how a person can experience grief and loss. It surely isn't easy adjusting to changes brought on by this pandemic. Tonight let's consider how we deal with the grief and loss caused by COVID-19.

This virus has changed people's lives in many ways, in addition to feeling grief over the loss of life caused by COVID-19 you're likely grieving the loss of your everyday lifestyle.

Stay-at-home restrictions to prevent the spread of Covid have affected people's jobs, the way kids go to school and play, and the ability to gather in person with family and friends. Other believers. These measures have also changed how people shop, worship, exercise, eat and seek entertainment. As a result, the pandemic has had a major psychological impact, causing people to lose a sense of safety, predictability, control, freedom and security.

Why is the loss of your daily routine so painful? You might not have realized it but you don't only feel attachments to other people. You also probably feel powerful attachments to your work and certain places and things. And unexpected endings can cause strong emotions. This can make it hard to deal with what's happened and move forward.

Coping with coronavirus Grief

- **Pay attention to your feelings.** Acknowledge your loss due to the pandemic. Allow yourself to feel sadness or cry. (Revelation 21:4) **He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away.**
- **Think about your strengths and coping abilities.** (Nehemiah 8:10) **Do not grieve, for the joy of the Lord is your strength.** (Isaiah 41:10) **So do not fear, for I am with you, do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.**
- **Stay Connected.** Don't let social distancing prevent you from getting the support you need. Use phone calls, text messages, video chats and social media to stay in touch with family and friends who are positive and supportive. Keep your spiritual bond through virtual teachings, worships, and fellowships. (1Corinthians 1:10) **I appeal to you, brothers and sisters, in the name of our Lord Jesus Christ, that all of you agree with one another in what you say and that there be no divisions among you, but that you be perfectly united in mind and thought.**
- **Limit your news intake.** Spending too much time reading or listening to news about the pandemic or any other crisis in your life can cause you to focus heavily on what you've lost, as well as increase anxiety.
(Eph. 5:16-17) **Making the best use of the time, because the days are Evil. Therefore do not be foolish, but understand what the will of the Lord is.**

The people who lived in Bible times were no strangers to trials. But many were also well acquainted with the character of God—a living, protecting Father quick to console His people. He comforted them then and comforts us now.

Whenever we feel overwhelmed by the chaos and difficulty of life, we can turn to God in prayer for peace and serenity. In this time of uncertainty, fear, and separation from what we term normal, our human solution is to handle it ourselves. But the Bible tells us turning to the Lord should be our first response not our last resort.

Jesus Christ, God’s Son, knew that he was utterly, completely and totally dependent on his Father. So to the extent that you and I realize our dependence on God in these days, we are being conformed a little bit more into the image of his son Jesus.

What does Romans 8:18 tell us?

John 14:27 gives us what assurance?

John 16:33 shares that our peace is in who?

What’s the affirmation we receive from Philippians 4:6-7?

Jeremiah 17:7-8 explains the benefits of trusting God.

How do you cope during life crisis? Start with your mental and spiritual health as you navigate through this season.

Spend time in prayer and reading God's word. Reading scripture gives hope and peace that cannot be found anywhere else.

Some quotes to Inspire:

Grief does not change you, it reveals you...

The darker the night, the brighter the stars, The deeper the grief, the closer is God...

Only people who are capable of loving strongly can also suffer great sorrow, but this same necessity of loving serves to counteract their grief and heals them.

We are healed of a suffering only by experiencing it to the full...

Grief is like the ocean, it comes on waves ebbing and flowing. Sometimes the water is calm, and sometimes it is overwhelming. All we can do is learn to swim...

