

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 tribulations that we may be able to comfort with which we ourselves are comforted by God.

(2 Cor. 1:3-4)

Good Evening as we come to a close of these series of lessons on Sharing and Overcoming Grief. Prayerfully we have gain some insight to the reality of grief in our everyday life. Remembering the various stages of grief. Denial, Anger, Bargaining, Depression and Acceptance... Understanding it's not set in stone the manner we experience the stages. Coming to the realization each person is different in the paths and roads they travel through their grief journey.

Last week we took a look at the impact of the COVID-19 pandemic and how our everyday circumstances and situations of grief have been compounded with the effects of the Corona virus. The loss of love ones, jobs, financial stability, education for our youth, natural disasters, and on and on. We've found that our help and resource for these times is in the Lord...

So tonight we would wrap up these studies with a discussion on Grief and Faith and their relationship with one another...

There have been several people tell me, that well intended friends and associates gave this recommendation to help them move on in their grieving. They would say **"those who believe need not grieve"** It goes without saying they were left feeling some frustration and conflict about the comment. The scripture states in **1 Thessalonians 4:13 "Brothers and sister, we do not want you to be uninformed about those who sleep in death, so that you do not grieve like the rest of mankind, who has no hope.**

Faith and Spirituality are important in the wake of loss. Faith can be an incredible comfort in time of loss. Losses can also cause us to question our faith, as we struggle to make sense of the loss. And, in cases like the quote mention earlier, grief can confuse our feelings about our faith and our faith can confuse feelings about our grief.

I honestly believe that in every case the expressions, "those who believe need not grieve", is uttered in the best intentions. Just like when we say "He is in a better place" or "it is part of God's plan". They are shared with the hope they will bring comfort to the griever.

The danger is when a person internalizes those quotes and starts to feel that their grief is somehow reflective of their faith. This can leave believers questioning why they are still feeling the pain of grief, when someone they love is now with God.

Grief is our natural reaction to loss. We feel a deep and aching pain when someone we love is no longer with us. Though faith that someone is in a better place or that you will see them again can be a comfort, this does not remove the pain that the person is gone.

It is not that your grief and your faith should be separate, what is important to remember is that the depth of your grief does not imply a loss of faith. Let me say, experiencing grief does not indicate a loss of faith, Let me reiterate; experiencing grief does not indicate a loss of faith. Martha, Mary and their friends had good reason to weep at the loss of Lazarus (John 11:33). The scripture never ask Christians to deny the feeling of grief-it is a right and holy sadness. And we should never ask our loved ones to deny that emotion either. There is a sort of super-spirituality present with such a request. It is an attitude that surpasses the teaching of the Bible and what our Creator has asked of us.

However, we should not merely grieve. When a Christian dies we should be filled with rejoicing.

When Brothers and Sisters in the Lord passes away, there should be grief and rejoicing. They both have a place, we grieve for what is lost and rejoice at what is gained.

Share your understanding of these scriptures:

2 Timothy 4:8 _____

Phil 1:23 _____

2 Corinthians 5:7 _____

What message do we receive from these verses?

John 16:22 _____

Psalms 55:22 _____

Psalms 73:26 _____

“Yes we grieve, but we grieve in hope because of God’s faithfulness”