

“Good Grief” pt2



ECCLESIASTES 3:8

Good grief!



Kinds of losses...

- **Loss of a loved one.**
- **Loss of marriage/family**
- **Loss of an unborn baby.**
- **Loss of health.**
- **Loss of friendship.**
- **Loss of a job.**
- **Loss of innocence.**
- **Loss of dignity.**
- **Loss of respect.**
- **Loss of a dream.**
- **Loss of finances/things**
- **Loss of a pet.**

You get through grief...



“You will lose someone you can’t live without, and your heart will be badly broken, and the bad news is that you never completely get over the loss of your beloved. But this is also the good news. They live forever in your broken heart that doesn’t seal back up. And you come through. It’s like having a broken leg that never heals perfectly—that still hurts when the weather gets cold, but you learn to dance with the limp.” Anne Lamott

Ecclesiastes 3:1-8



**For everything there is a season,
a time for every activity under heaven.**

² A time to be born and a time to die.

A time to plant and a time to harvest.

³ A time to kill and a time to heal.

A time to tear down and a time to build up.

⁴ A time to cry and a time to laugh.

A time to grieve and a time to dance.

⁵ A time to scatter stones and a time to gather stones.

A time to embrace and a time to turn away.

⁶ A time to search and a time to quit searching.

A time to keep and a time to throw away.

⁷ A time to tear and a time to mend.

A time to be quiet and a time to speak.

⁸ A time to love and a time to hate.

A time for war and a time for peace.

Elisabeth Kübler-Ross 'On Death and Dying'



- **Denial**
- **Anger**
- **Bargaining**
- **Depression**
- **Acceptance**

So called grief process...



HOW WE
WANT
GRIEF TO
WORK



HOW GRIEF
ACTUALLY
WORKS



Healing...



“Our healing is found in allowing the presence of Jesus to enter the deepest places of our grief.”



God's Truth about Grief



- ❖ **God blesses those who mourn,
for they will be comforted. Matt.5:4**
- ❖ **All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us 2 Cor.1:3-4**
- ❖ **For the Lamb on the throne will be their Shepherd. He will lead them to springs of life-giving water. And God will wipe every tear from their eyes.”
Rev.7:17**

Groups of 3-4



- **Share names.**
- **Is there one loss that you have been thinking about more than others?**
- **Is there anything that has surprised you about your grieving?**
- **Offer up some prayers for one another as you invite God's presence into the healing process.**