

## THE PROMISE

At some point on your journey, something or someone you love will be lost.

(Jesus said) "In this world you will have trouble." John 16:33b

Dear friends, do not be surprised at the painful trial you are suffering, as though something strange were happening to you. I *Peter* 4:12

...though now for a little while you may have had to suffer grief in all kinds of trials. *I Peter 1:6* 

### WHAT I HATE ABOUT GRIEF

Be merciful to me, O Lord, for I am in distress; my eyes grow weak with sorrow, my soul and my body with grief.

\*Psalm 31:9\*\*

- There are no rules
- There's no schedule
- I can't fix anything
- It's embarrassing
- The emotions are so powerful
- I feel a push-pull toward others
- I'm not in control

### **GRIEF AND THE MIND**

How long must I wrestle with my thoughts and every day have sorrow in my heart?

Psalm 13:2a

# When I grieve...

On what will I focus?

What will my attitude be toward grief?

Will I take time to reflect?

Will I live in awareness?

Will I grow through it?

# THE REST OF THE PROMISE

"I have told you these things, so that in me you may have peace.

In this world you will have trouble.

But take heart! I have overcome the world."

John 16:33

Dear friends, do not be surprised at the painful trial you are suffering, as though something strange were happening to you. 

13 But rejoice that you participate in the sufferings of Christ, so that you may be overjoyed when his glory is revealed.

I Peter 4:12-13

In this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials.

<sup>7</sup>These have come so that your faith—of greater worth than gold, which perishes even though refined by fire—may be proved genuine and may result in praise, glory and honor when Jesus Christ is revealed.

I Peter 1:6-7

#### PRAYER FOR WHEN WE'RE GRIEVING

Holy Spirit, Jesus told us You are the Great Comforter. I need your comfort. In this grief, my emotions swirl from anger to fear to sadness to panic to resentment to guilt to numbness. At times I can't move, I can't sleep, I can't eat and I don't care. I feel stuck. There's so much I don't understand. It says in the Psalms, "Give light to my eyes or I will sleep in death." That's how I feel.

Jesus told us You are the Great Teacher and Companion.

Teach me how to walk this path. Walk with me as I find my new normal. Holy Spirit, when I can't pray, will You pray for me?

Will You express my heart with groaning from my spirit which words cannot express? Holy Spirit, will You help me find hope?

Give me courage and faith to believe love, joy, peace and life are in my future; in this life and the life to come. In Jesus' name. Amen.

## **NEXT STEPS**

For Further Study and Reflection:

The Problem of Pain -- C.S. Lewis (available at JW Bookstore)

<u>A Grace Disguised</u> -- Jerry Sittser (available at JW Bookstore)

One Thousand Gifts -- Ann Voskamp

Confessions of a Grieving Christian -- Zig Ziglar

A Grief Observed -- C.S. Lewis

GriefShare Small Group -- Monday Night in JW Fireside Room

GriefShare Seminars -- October 15, November 19, and December 17 (3rd Saturday)