

**THEME: SEVEN DEADLY PASSIONS – GRIEF**

**TOPIC: WHAT IS GRIEF?**

**TEXT: 1 PETER 5:7; 2 CORINTHIANS 1:3-4; 12:21; MATTHEW 5:4; JOHN 14:27; PSALM 30:5; 23:4; 34:18; 147:3; ISAIAH 53:4-6 NKJV.**

## **INTRODUCTION**

Grief is the emotional response to the loss of a loved one or something important. It can also be experienced after a divorce, serious illness, or other significant loss.

It's a natural human response to loss, but it can impact your well-being. Everyone grieves differently, and there is no set pattern. In our study today we will try to understand "What really is Grief and consider closely what the causes of Grief are".

**The Bible describes grief as being of a broken heart. Isaiah 61:1**

- a. It is the state of being sorrowful to the point that it affects the whole of your being.  
*1 Samuel 1:15.*
- b. Grief is a sign that a man's spirit has been wounded deeply. *Proverbs 18:14.*
- c. It is an affliction which transcends the physical body and reaches the inner person.  
*Amos 6:6.*
- d. It was what Job felt when he lost everything – his children, property, money, business, etc.  
*Job 2:13, Job 6:2.*

## **1. WHAT ARE THE CAUSES OF GRIEF?**

The list below may not be exhaustive but it certainly gives some of the reasons:

### **A. THE LOSS OF LOVED ONES**

This is a general understanding of what grief is and is going to be the greater portion of our study.

**Q:** How can grief affect daily life?

### **B. ACCIDENTS**

In these days of modern travel – by car, boat, rail, and air – our journeys are faster and this has also exposed us to the danger of accident.

If you have never been personally involved in one, you know someone who has been involved in an accident.

**Q:** How can grief manifest physically?

### **C. BANKRUPTCY OR BUSINESS FAILURE**

In the UK 80% of new businesses fold up within five years and the statistics, although high for a vibrant economy such as the United Kingdom might actually be a mirror of a worse situation in some other setting.

**Q:** How can grief affect daily life?

## **D. FRUSTRATED VISION**

Ecclesiastes 1:18 says it is great grief to know so much and apply so much wisdom and yet be grieved by the sorrow it brings because there is no opportunity to fulfil the vision you have.

Grief comes because of a broken heart, failed relationships, divorce, departures from spouses and loved ones. Separations because of time, immigration or work have made people grieve badly.

**Q:** Is grief a mental illness?

## **2. WHAT REALLY IS GRIEF?**

Let us look at the acronym for it.

**G**ravity of finding yourself without a loved one

**R**egret of things not done or achieved with the person who has died

**I**solated from others in your thoughts because of the loss of your loved one

**E**mptiness which follows the loss of the loved one

**F**ragile emotions and a tendency to break down easily

## **3. WHAT ARE THE FEELINGS ASSOCIATED WITH GRIEF?**

**Sadness:** Intense feelings of sadness, shock, and numbness

**Anxiety:** Anxiety from the distress of separation

**Denial:** Feelings of denial and anger

**Confusion:** Feelings of confusion and disorientation

**Fear:** Feelings of fear and apprehension about the future

**Regret:** Regret for something lost or remorse for something done

## **CONCLUSION**

Grief is a natural reaction at the sight of what one has lost and as we have stated earlier, the loss of loved ones. It is the state of brokenness one feels particularly depending on the intimacy, relationship and impact of the loss.

There are examples in God's Word of godly people who suffered grief. Peter felt grief when Jesus asked him three times, "Do you love me more than these?" (John 21:17), and he grieved at the memory of how he had betrayed his best Friend (Luke 22:61–62). Paul was grieved over the unrepentant sin in the churches he loved (2 Corinthians 12:21NIV).

Grief is a time of sadness and suffering, but God is willing to heal, comfort, and console those who mourn.