

**THEME: SEVEN DEADLY PASSIONS – GRIEF**

**TOPIC: HOW TO OVERCOME GRIEF.**

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

## **INTRODUCTION**

In our study of Grief today, we will be looking at “How to overcome Grief”.

God knows you will experience grief in this life, but you're not meant to go through it alone. He wants you to seek comfort. Jesus taught that “Blessed are they that mourn, for they shall be comforted”. Relying on God and others can relieve your sorrow and give you support.

### **How does one rise above the inevitable losses in life? Matthew 5:4**

1. God blesses those who mourn or are broken hearted
  - a. God doesn't expect us to be happy all the time, sometimes weeping or grieving is ok.
  - b. God expect us to face it.
2. Grief is a painful emotion but it's also a healthy emotion. It's a helpful emotion in that it's God's gift to get through the transition of life.

There are two unhealthy reactions to the loss of life, one is repression the other is suppression.

- a. Repression is when I, unconsciously try to block a painful thought out of my mind.
- b. Suppression is when I consciously try to block a painful thought out of my mind.

Both repression and suppression are denials. When you go through tough times when your heart is hurting, when your heart is breaking. God doesn't want you to suppress it. God doesn't want you to repress it. Rather, God simply wants you to express it to friends and confess it to Him. And when you do that, you are on the road to healing. ***If you don't let it out, you will act it out.***

**If you don't let it out in healthy ways, you are going to act it out in unhealthy ways.**

***Psalm 32:3.***

### **3. You either Mourn or Moan**

When we go through loss in life, like the loss of a job, loss of a friend or you lose something in life that you were hoping would happen or something you had and you lost. You can either mourn or moan. Moaning is negative and Mourning is positive.

Moaning is having a pity party whereas mourning is calling out to God in your grief and in your pain. ***Psalm 39:2.***

- a. God blesses those who mourn or broken hearted
- b. You don't get over grief or the loss of a thing rather you get through it
- c. You can't get over grief, you can't get around grief, you just have to go through grief.

### **How do I get unstuck from grief?**

You let God help you and comfort you.

How does God comfort us?

- a. God draws us close to himself **Psalm 34:18; 2 Corinthians 6:10**
- b. God shares in our grief (He gets us when we are grieving). **Isaiah 53:3 NLT**
- c. God gives us a church family for support (church community). **Romans 12:5, 12,15**

Suggestions for comforting someone going through loss. (i) Never minimise another's pain. (ii) Don't be in a hurry to fix it. (iii) Never rush people.

- d. God uses grief or pain to help us grow **Proverbs 20:20, 30; 2 Corinthians 4:17-18**
- e. God gives us the hope of heaven (we grieve in hope). **1 Thessalonians 4:13**
- f. God uses our pain to help others **2 Corinthians 1:4**  
Our greatest ministry will come out of our deepest hurt.

### What does God say to those who are grieving or are struggling?

- a. **Revelation 21:4** – 'He will wipe every tear from their eyes. There will be no more death' or mourning or crying or pain, for the old order of things has passed away.'
- b. **Psalms 34:18** – The Lord is close to the brokenhearted and saves those who are crushed in spirit.
- c. **Isaiah 41:10** – Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.
- d. **Psalms 46:1-3** – God is our refuge and strength, a very present help in trouble.

### What should our attitude be in the season of grief?

Our understanding from the word is that physical death is really not the end for a believer but rather a passage of life into eternity with the glorious God who loves us immensely and wants to share eternity with us.

Thank God, there is a conquest of death that the Lord Jesus Christ has effected through his own redemptive sacrifice on Calvary's Cross. To know Him personally is to be delivered from the very cause, sting, and fear of death. **Psalms 23:4**.

- a. People should use grieving times to witness to family. **Acts 1:8**
- b. To make the family understand and prepare for eternity. **John 17:3**
- c. To challenge them to live right or get left if Christ comes. **John 3:16**
- d. To make the resurrection of Christ a message to be preached. **1 Thessalonians 4:13**

### CONCLUSION

Are you deeply grieving the loss of someone or something?

Give yourself permission to mourn, cry and feel raw emotions. Bring your heartache to the Lord in prayer and allow Him to just be near in this hard time. "You have turned my mourning into joyful dancing. You have taken away my clothes of mourning and clothed me with joy, that I might sing praises to you and not be silent." **Psalms 30:11-12a (NLT)**.

"You, LORD, keep my lamp burning; my God turns my darkness into light." **Psalms 18:28 (NIV)**.

If you know someone deeply grieving, don't ask, "Is there anything I can do?" Instead, be proactive and just do something to help them e.g. - buy groceries for them, mow their lawn, help babysit their children, etc.