

Heart Work: Grieving Well

“Give all your worries and cares to God, for he cares about what happens to you. Be careful! Watch out for attacks from the Devil, your great enemy. He prowls around like a roaring lion, looking for some victim to devour. Take a firm stand against him, and be strong in your faith. Remember that your Christian brothers and sisters all over the world are going through the same kind of suffering you are. In his kindness God called you to his eternal glory by means of Jesus Christ. After you have suffered a little while, he will restore, support, and strengthen you, and he will place you on a firm foundation. All power is his forever and ever. Amen.” 1 Peter 5:7-11, NLT.

If you are grieving:

- 1) Grief is normal
- 2) It's Christian to be real
- 3) Grief is medicine
- 4) There is a rhythm: Shock, reality, reaction, recovery
- 5) Let it take you closer to the Lord

Watch for hangups:

- 1) Hopelessness
- 2) Whys
- 3) Blame
- 4) Guilt
- 5) Perpetual numbness
- 5) Ownership

Helping others grieve:

- 1) Pray for guidance
- 2) Encourage the story: Listen without judgement
- 3) Empathize: “Weep with those who weep.” Romans 12:15
- 4) Avoid platitudes:
- 5) Pray with them: Be prophetic:
- 6) Do something

Matthew 5:4 "Blessed are those who mourn, for they will be comforted."

2 Corinthians 1:3-4 "Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in trouble with the comfort we ourselves receive from God."

Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."

Isaiah 43:2 "When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze."

Psalms 46:1-2 "God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea."

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."

Romans 8:18 "I consider that our present sufferings are not worth comparing with the glory that will be revealed in us."

Psalms 18:2 "The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold."

Psalms 23:4 "Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me."

Psalms 22:24 "For he has not despised or scorned the suffering of the afflicted one; he has not hidden his face from him but has listened to his cry for help."

Psalms 34:18 "The Lord is close to the brokenhearted and saves those who are crushed in spirit."

Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."

John 14:1-4 "Do not let your hearts be troubled. You believe in God; believe also in me. My Father's house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you? And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am. You know the way to the place where I am going."