

A THING CALLED "GRIEF"

2 Samuel 12:15-23 Psalm 23:4; 6:5-7; 137:1-6; 119:28

Introduction: Grief is something that all of us will experience at one time or other and for some it will happen more than once. Grief is something that happens when we lose someone or something of great importance to us. We try to "soften" the experience if it is the death of a loved one by "dressing up" the deceased, put flowers all around, soft lights and music, use words like "passed away" and "gone on." However, none of these things really change what is felt on the inside, in the heart. The Christian can find words of comfort in the bible yet those words still don't soften the emptiness and hurt of being forced to let go of someone we love. There is absolutely nothing we can do to reverse the situation so each of must handle the situation in our own way. Just what does the Bible say about "grief" or "grieving?"

I. JESUS HAS GIVEN ANOTHER MEANING TO GRIEVING

1. Unbelievers grieve without any hope for the future and for them, death is the end, forever.
2. Death is not the end for the believer/Christian, however:
 - the Christian will be resurrected (*1 Thessalonians 4:14*)
 - Christians are to comfort one another (*1 Thessalonians 4:18*)
 - death is not the end for the Christian (*1 Corinthians 15:52-54*)
3. Death is already conquered for the believer/Christian:
 - death is an entrance into a new life, not the end of existence.
 - physical death comes because Satan still has the power of death
 - physical death is defeated, however, by the crucifixion and resurrection of Jesus Christ.
 - Jesus has promised eternal life to anyone who believes in Him with all their heart.
4. This sounds so comforting, but...
 - it does not eliminate the intense pain of grief and the need for comfort.
 - in *2 Corinthians 4:14-5:8* Paul reminds and encourages the believer.
 - in *1 Corinthians 15:58* Jesus Christ, Himself assures the believer of eternal life, therefore Christians are to encourage one another and go on with their lives.

II. JESUS HAS SHOWN US THE IMPORTANCE OF "NORMAL" GRIEVING

1. Grieving or mourning can bring comfort.
 - *Matthew 5:4* lists grieving along side other qualities to be seen in a Christian's life.
2. Jesus grieved over Lazarus' death. (*John 11*)
 - Jesus wept with His friends.
 - Jesus grieved over John the Baptist's death. (*Matthew 14:12*)
 - Jesus grieved while in the Garden of Gethsemane. (*Matthew 26:38*)
3. It is normal and right as well as a Christian quality to grieve.

CONCLUSION:

1. Grief is something everyone will experience. Everyone who comes through a time of grief find that it has been a very painful and refining process.
2. When a once well-known preacher's wife died he said: "Whoever thinks he/she has the ways of God conveniently tabulated, analyzed, and correlated with convenient glib answers to ease every question from aching hearts has not been far in this maze of mystery we call "life and death."
3. Grief is a permanent, reluctantly received experience that God can use to bring growth.
 - To grow through grief, we must accept it honestly and move through it with the help of friends and the support of our Lord who can use our pain from our grief to help mature us and make us more holy and fit to be used by the Lord Jesus.
4. Everyone who has experienced grief would say that "when your loved one leaves you for heaven and you then must continue on alone, there just is no harder blow. Accusing and condemning one's self does no good. Things might have actually been worse if we had done some of the things we thought might have made things better. We must learn to put the past, whatever might have been into the Lord's hands and continue on with our lives."
5. When you have experienced grief, you can then help someone else who is going through what you have been through to face the difficulties and to encourage them to continue on with their lives. That is what Christian love is all about. Helping one another.