

When Christians Grieve

1 Thessalonians 4:13-14

Grief is deep sadness, emotional suffering caused by loss or regret
Really it is the most avoided, undesirable, heavy burden, confusing emotion.

It effects us mentally, emotionally, and spiritually

Global certainty: everyone will experience grief.

John 16:33 In this world you will face tribulation (sorrows), be of good cheer for I have overcome the world.

How many of you have experienced this?

It presents itself differently Anger, sadness, tired, frustrated,
lack of grace: some are apparent, some are hidden

Kubler Ross (1969) On death & Dying

Shock/denial
Anger
Bargaining/guilt
Depression/sorrow
Acceptance/stability

different for every one

I. I Should Grieve

Actually do it, more than just a weekend

Our funeral traditions (visitation, Funeral)

Joseph (Gen. 50), Aaron (Num 20), Moses (Deut. 34), Saul (1 Sam 1)

1. In seasons of grief be attentive to time
Grief is in proportion to relationship (closer=longer)
Body will react in different ways Physical shows mental
2. Be present mentally
Focus on feeling, be willing to heal
3. Be emotionally available
Don't have to be strong
Your body needs to grieve and react
4. Be engaged spiritually
Fasting, prayer, study, questions

II. I Should Grieve in Community

We are good at doing this at first (funeral tradition)

Grief is not a moment but a season (Box and Ball Illus)

Jesus (John 19) with his mother and John

Love one another as family

Job 2 (friends grieved and were present)

A burden shared is a burden lightened

Gal. 6:2 Bear one another's burdens so fulfill law of Christ

Romans 12:15 weep with those who weep

III. I Should Grieve in Community With Hope

A. Grieving Teaches us

Ecclesiastes 7:2-4 Better to go to the house of mourning Than to go to the house of feasting, For that *is* the end of all men (future); And the living will take *it* to heart. Sorrow *is* better than laughter (empathy) , For by a sad countenance the heart is made better. The heart of the wise *is* in the house of mourning, But the heart of fools *is* in the house of mirth. (Character).

B. We find hope and goodness in our troubles

God comforts us in our troubles

So we can comfort others

2 Cor. 1:3-11