

Doubting God - Part 5: Grappling with Grief

Unfortunately, you're going to need this message at sometime in your life because you're going to go through major losses in your life.

Grieving turns loss into a _____.

Loss is unavoidable, but grief is a _____.

Grief is a key to your _____.

Grief is not something that only happens at funerals. You experience thousands of losses in your life: health, job, a move, a dream, a divorce, etc. Because grief is unpleasant people avoid it, stuff it, deny it, but you can't get past it unless you go through it. If not, you get emotionally stuck. Grief is healthy!

6 Stages After a Major Loss

- 1) **Shock** – a human emotion—you can't believe it happened.
- 2) **Sorrow** – a godly emotion. God grieves, so we can too (made in His image)
- 3) **Struggle** – ask the why questions, but you won't get the answers to the why's.
- 4) **Surrender** – stop asking and start submitting. It's the only path to peace.
- 5) **Sanctification** – God changes your character, you become more godly.
- 6) **Service** – God turns your mess into a message, your test into a testimony.

Going Through Grief

1. _____ the losses I haven't grieved over.
"Blessed are those who mourn, For they shall be comforted." - Matthew 5:4

2. _____ what I really lost

3. I need to have the courage to _____

- **Lament**—a passionate expression of grief to God. An act of worship that can include complaining to God.

"To everything there is a season, A time for every purpose under heaven... ⁴A time to weep, And a time to laugh; A time to mourn, And a time to dance;" - Ecclesiastes 3:1,4

Grief takes _____. It has no timetable. Everyone's grief is different.

Psalms of Lament

Psalm 3-7,9,10,12-14,17,22,25-28,31,35,36,38,39,41-44,51-61,64,70,71,74,77,79,80,82,83,85,86,88,90, 94,102,109, 137,139-143,145

4. Ask Jesus to _____ my broken heart and bind up my wounds-Luke 4:18
"He heals the brokenhearted and binds up their wounds." - Psalm 147:3

*Has your grief become an idol?
Grieve your loss. Ask Jesus to make you whole.*