



Sorrowful Sadness: Grieving and Mourning

Surrendered Emotions Series

Solid Rock Church

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SADNE

The T's of Sadness

Temporary: It's a transient emotion that fades with time

Triggered: You can usually identify why you're feeling sad

Typical: It's a reasonable response to a difficult situation

Tolerable: You can usually manage your daily activities

Sorrowful Sadness

The **expression** of our hurt, loss, or pain, through our body, words, actions, and attitudes.

Psalms 31: 9, Be merciful to me, Lord, for I am in distress; my eyes grow weak with sorrow, my soul and body with grief.





Grieving: Saturated Sorrowful Sadness

The **process** of feeling deep sadness and distress that is not temporary, typical, or tolerable.

A profound response to the combination of death, loss, hurt, and pain that can last months or years.

Repressed Grieving

An unconscious defense mechanism to avoid deep, profound sorrow, where the mind buries the emotional pain of loss and separation, and the nervous system moves it into other areas of the body.

Unfelt Grief Can Look Like:

@nicolesachslcsw

LOSS OF FOCUS AND RESTLESSNESS

ANGRY OUTBURSTS

INTRUSIVE THOUGHTS OR NIGHTMARES

PHYSICAL PAIN AND SYMPTOMS

FATIGUE



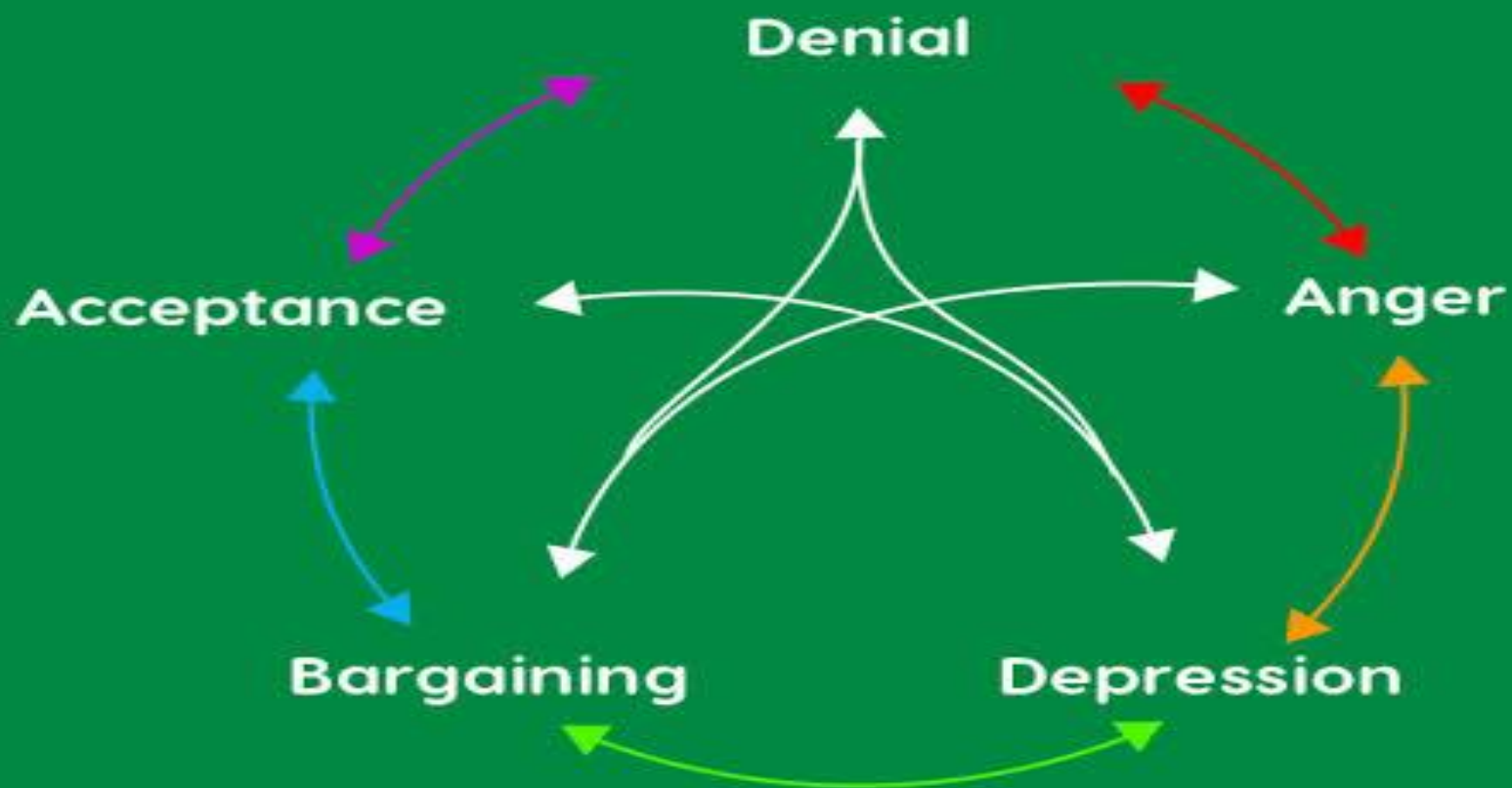
Paul: 2 Types of Sorrow

2nd Corinthians 7:10, For **godly sorrow** produces a repentance that leads to salvation without regret, whereas **worldly sorrow** produces death.

Godly Sorrow And Worldly Sorrow

No.	Godly Sorrow	Worldly Sorrow
1	Pushes you into God's arms	Causes you to hide from God
2	Involves the whole person : Intellect, emotions and results in life change	Is not integrated holistically, leading to internal dissonance
3	Has faith in the sufficiency of Jesus' sacrifice for all sins	Causes you to punish yourself
4	Gives life	Hardens the heart, leads to internal deadness
5	Rests in the grace of God	Doubt's God's goodness and love
6	Sincerely desires to return to healthy ways of relating to God and others	Despairs over consequences and/or realization of personal flaws and weaknesses
7	Leads to eternal salvation	Leads to eternal death and destruction

5 Stages of Grief



What the Bible Says about

GRIEF



The Grieving Trinity

Jesus grieved while on earth.

The death of Lazarus

The condition of Israel

In Gethsemane

But what about God the Father?

What about the Holy Spirit?



God Grieves Sin

Genesis 6:6, And the Lord had **sorrow** because he had made man on the earth, and **grief** was in his heart.

God Grieves Rebellion

Psalm 78: 40, How often they rebelled against God in the wilderness and **grieved** Him in the desert.



ISAIAH 63:4

For the day of Vengeance is in mine heart,
and the year of my redemption is come.



Holy Spirit Grieves Rebellion

Isaiah 63:10, But they rebelled and **grieved His Holy Spirit**; therefore, He turned to be their enemy, and Himself fought against them.

Holy Spirit Grieved

Ephesians 4:30, And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.

grieved = *lypeo* in Greek
sorrow felt within a close,
loving relationship



A white dove with its wings spread, flying over a hand reaching up from a background of fire and sparks.

Grieving the Holy Spirit in Ephesians 4: 25 - 31

Not speaking the truth

Anger out of control

Stealing and laziness

Corrupting, divisive talk

Bitterness, wrath, clamor,
slander and malice

What Grieves the Trinity Grieves Us

Jesus grieved by sin, death, + loss

God grieved by sin and rebellion

Holy Spirit grieved by sin, and the
separation of relationship

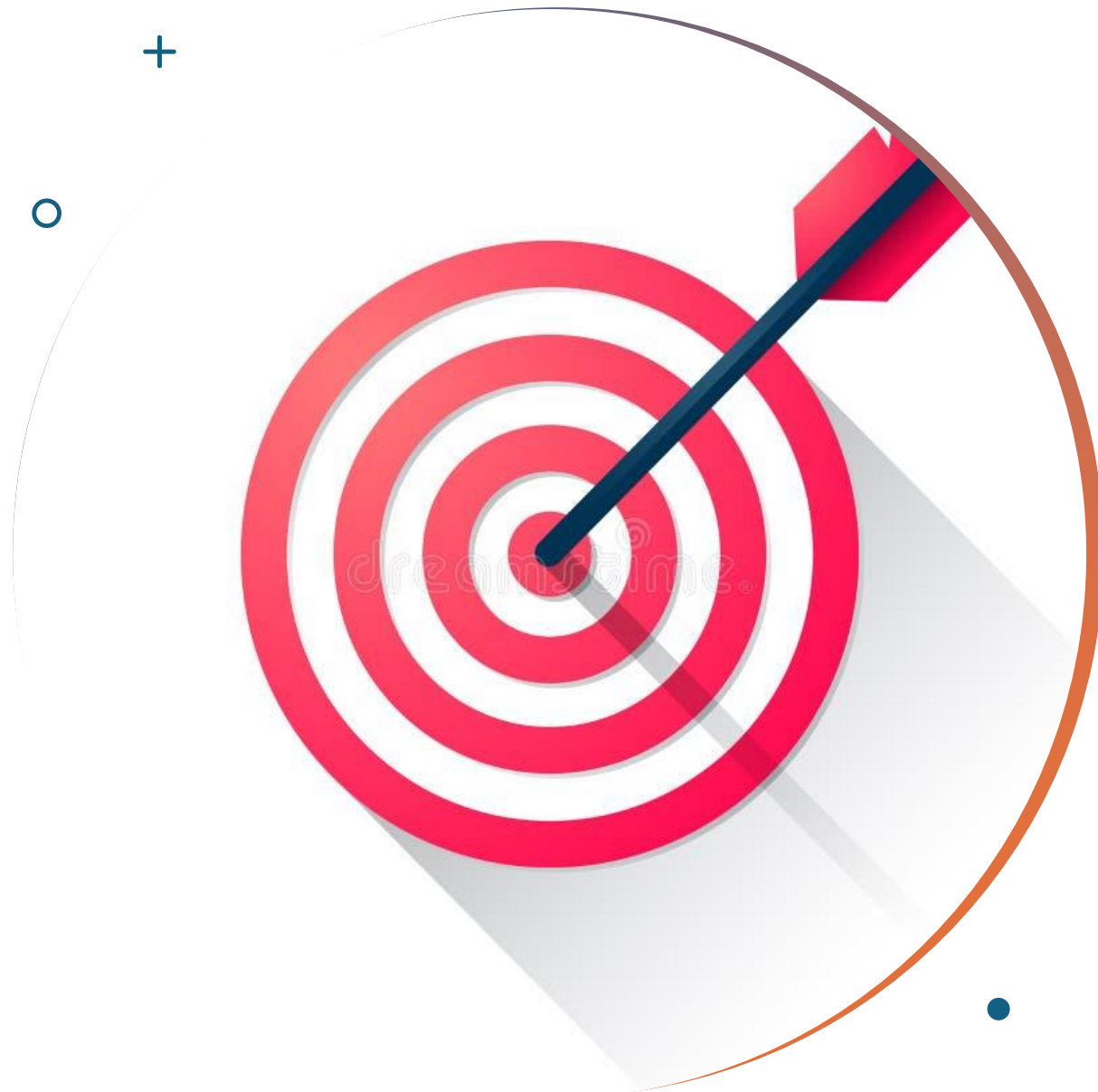




John 16:17-24

Grieving Prescribed by Jesus

John 16:22, So with you, **now is your time of grief**, but I will see you again and you will rejoice, and no one will take away your joy.



Goal of Grieving

To fully emotionalize the loss, express the sorrow, receive the comfort from the Lord - and from others -and to rejoice again with joy.

To depend on God dependently, and others interdependently.

Godly Grieving in Scripture

1st Thessalonians 4:13, We do not want you to be uniformed, brothers, about those who have proceeded you in death, that you may not grieve as others do who have no **hope**.

Believers must **grieve in hope** and have an optimistic state of mind. We must expect to heal and believe in the positive process and outcome despite the pain.

Surrendered Sadness: Grieving in Hope

1. RAC the emotion
2. Identify the losses with the feelings and share them
 With the Lord - immediately
 With others - patiently
3. Embrace the polarity – deep sorrow and hope

A Surrendered Grieving Process

6 Steps

1. **Environment:** in a safe, private place.
2. **Read Scripture** (Psalms, Ruth, Job)
3. **Listen to** reflective praise music / hymns
4. **Grieving inventory:** write out, organize losses
5. **Pray:** through the inventory (out loud)
6. **Share:** show / speak them with trusted friend

THEN JACOB TORE HIS
CLOTHES, PUT
SACKCLOTH AROUND HIS
WAIST, AND MOURNED
FOR HIS SON MANY DAYS.

- *GENESIS 37:34*



What about Mourning?

Biblical Mourning Definition

To feel and **express deep**, heartfelt grief or sorrow, usually over sin or death; including intentional and symbolic acts of grieving for a specified time.

Matthew 5:4, Blessed are those who mourn for they will be **comforted**. (Jews mourned publicly)



Symbols of Mourning in the Bible

Tearing clothes: sign of a broken heart

Sackcloth: fabric made of goat hair

Ashes: on the head to show humility

Fasting: priority given to intense sorrow

Wailing: Weeping loudly

Professional Mourners In Israel

Hired singers, flute players, and wailing women engaged to lead and amplify public grief at funerals.

Jeremiah 9: 17 - 18, Thus says the Lord of hosts:
Consider, and call for the **mourning women** to come;
send for the **skillful women** to come; let them make
haste and **raise a wailing** over us, that our eyes may run
down with **tears** and our eyelids flow with **water**.

Skilled Mourners

Amos 5: 16 – 17, Therefore, thus says the Lord, the God of Hosts, the Lord: In all the squares there shall be **wailing**...they shall call the farmers to **mourning**, and to **wailing**, all those who are **skilled in lamentation**, and in all the vineyards there shall be **wailing**...



Structured Mourning in the Bible

7 days: A dedicated week of mourning for close family members. No work. Daily banquets, singing, crying, and shared memories.

30 days: An extended period of official grieving reserved for great national leaders like Moses.

Deuteronomy 34: 8, The Israelites grieved for Moses in the plains of Moab **30 days**, until the time of weeping and **mourning** was over.

Mourning with Each Other

Romans 12:15, “Rejoice with those who rejoice; mourn with those who mourn.”

Galatians 6:2, “Carry each other’s burdens, and in this way, you will fulfill the law of Christ.”

1st Corinthians 12:26, If one part of the church suffers, every part of the church suffers with it...

Surrendered Sadness: Mourning

1. RAC the grieving process
2. Settle into a structured season of mourning
3. Be intentional and communal in your mourning
 - A. Write about the losses
 - B. Share about the losses
 - C. Create symbolic experiences / expressions about losses
 - D. Invite others into the experiences / expressions

Grieving and Mourning Necessary for Healing

Grieving / mourning are essential, active processes that allow the mind and body to slowly adapt to deep loss. We can't heal or surrender our emotions without them.

Ecclesiastes 7: 3 – 4, Sorrow is better than laughter, for by sadness of face the heart is made glad. The heart of the wise is in the house of mourning.