

HOW DO I KEEP LIVING?

Wednesday Night Q&A Study

Key Text: 2 Corinthians 4:8-9

“We are troubled on every side, yet not distressed; we are perplexed, but not in despair; Persecuted, but not forsaken; cast down, but not destroyed;”

In the last message, we established that grief is not something we always get over.

There are some losses that permanently change our lives. We do not necessarily return to the way life was before. Instead, we must learn to live in what has become our new ordinary.

But that brings us to another important question:

If grief remains a part of my life, how do I keep living?

How do I move forward when I cannot change what happened behind me?

Paul said, **“We are perplexed, but not in despair...cast down, but not destroyed.”**

Notice that Paul never denied the difficulty of what he was experiencing.

He was troubled, perplexed, persecuted, cast down, BUT he kept going.

That is what I want us to look at tonight.

Moving forward does not mean that what happened no longer hurts.

Moving forward does not mean forgetting someone we loved.

Moving forward does not mean pretending everything is the way it used to be.

Moving forward means learning how to keep living even though life has changed.

So tonight I want us to answer one simple question:

If grief remains part of my life, how do I keep living?

I. WE MUST BE ANCHORED IN WHAT WE KNOW

Grief creates a lot of questions. When our emotions are hurting, we can begin questioning things we knew before the grief ever came.

Why did God allow this?

Does God still care?

Is God still good?

What am I supposed to do now?

The danger is allowing **what I feel in grief to change what I know about God.**

Psalm 119:105 (KJV) — “Thy word is a lamp unto my feet, and a light unto my path.”

Notice that a lamp doesn't necessarily illuminate the entire road. It gives me enough light for the next step.

That is often what we need in grief. I may not understand the next year. I may not even understand why this happened. But God's Word gives me enough truth to take the next step.

Psalm 119:49–50 (KJV) — “Remember the word unto thy servant, upon which thou hast caused me to hope. This is my comfort in my affliction: for thy word hath quickened me.”

David repeatedly had to anchor himself in what he knew while experiencing what he didn't understand.

Psalm 56:3–4 (KJV) — “What time I am afraid, I will trust in thee. In God I will praise his word, in God I have put my trust...”

Notice David didn't say, **“I am not afraid.”** He said, **“What time I am afraid...”**

His emotions were real, but they weren't his anchor.

His feelings told him he was afraid. God's Word told him whom he could trust.

In grief, I cannot always trust what I feel, but I can always trust what God has said.

God is still good. — Psalm 34:8

God is still with me. — Hebrews 13:5

God still loves me. — Romans 8:38–39

God still has grace for me. — 2 Corinthians 12:9

God's Word is still true. — John 17:17

Grief may change my circumstances, but grief does not change truth.

II. WE MUST BE WILLING TO LIVE AGAIN

One of the dangers of prolonged grief is that the thing we lost can become so dominant that we stop participating in the life God has left us.

This does not mean forgetting. It does not mean we don't miss them. It does not mean what happened no longer matters.

It means:

I can honor what I have lost without refusing to live the life God has left me.

David, in 2 Samuel 12, gives us the perfect bridge between the two lessons.

While the child was alive:

2 Samuel 12:16 (KJV) — “David therefore besought God for the child; and David fasted, and went in, and lay all night upon the earth.”

But after the child died:

2 Samuel 12:20 (KJV) — “Then David arose from the earth, and washed, and anointed himself, and changed his apparel, and came into the house of the LORD, and worshipped: then he came to his own house; and when he required, they set bread before him, and he did eat.”

There are several actions there:

He arose. He washed. He changed. He worshipped. He ate.

David didn't get up because the child no longer mattered. He got up because there was still life to be lived.

Last message we watched David grieve. Tonight, I want you to notice that eventually, David got up.

He couldn't change yesterday. He couldn't bring his son back. But he could decide what to do today.

We aren't moving on FROM our grief; we are learning to move FORWARD WITH our grief.

We learn to **“get through it rather than get over it.”**

III. WE MUST BECOME FORWARD THINKERS

Grief naturally makes us look backward.

What used to be.

What I used to have.

What life was like before.

What I wish I could change.

There is nothing wrong with remembering. Memories are precious, but we cannot live in yesterday.

Paul said:

Philippians 3:13-14 (KJV) — “...forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark...”

The Christian life is lived looking forward.

After a major loss, we may spend a long time waiting for everything to “get back to normal.”

Sometimes it never does.

So eventually we have to ask:

What does faithfulness to God look like in my new ordinary?

Not the life I used to have. Not the life I wish I had. The life God has given me today.

Job 14:14 (KJV) — “If a man die, shall he live again? all the days of my appointed time will I wait, till my change come.”

Job understood that his broken condition was not forever.

And Job later makes an even clearer statement:

Job 19:25-27 (KJV) — “For I know that my redeemer liveth, and that he shall stand at the latter day upon the earth: And though after my skin worms destroy this body, yet in my flesh shall I see God: Whom I shall see for myself...”

I. I KNOW WHAT IS TRUE.

“My redeemer liveth.”

II. I WILL LIVE THE LIFE GOD HAS LEFT ME.

David arose from the earth.

III. I WILL LOOK FORWARD TO WHAT IS COMING.

“Till my change come.”

And for the Christian, ultimately, all forward thinking ends at Heaven.

Revelation 21:4 “And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away.”

In the last message, I said there are some things you may never get over.

You may carry the scar for the rest of your earthly life.

You may always miss that person.

You may always wish things had turned out differently.

You may have days when grief comes flooding back.

But you don't have to live looking backward.

You can anchor yourself in **what God has said.**

You can get up and **live the life God has given you.**

And you can keep looking forward because there is coming a day when you won't simply **get through grief—grief itself will be gone.**

“Till my change come.”

For the child of God, grief may be part of our journey, but grief will never be our destination.