

# HEALING FOR THE SOUL: GOOD GRIEF

## INTRODUCTION: THE STAGES OF GRIEF

### 1. SHOCK

*My eye has also grown dim because of grief, and all my members are as a shadow.* Job 17: 7

### 2. SUFFERING

*I am bent over and racked with pain. All day long I walk around filled with grief.* Psalm 38: 6 (NLT)

### 3. SUPPLICATION

*Be gracious to me, O Lord, for I am in distress; my eye is wasted away from grief, my soul and my body also. For my life is spent with sorrow and my years with sighing.* Psalm 31: 9-10

### 4. SALVATION

*Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort.* 2 Corinthians 1: 3

## HOW TO EXPERIENCE GOOD GRIEF

### 1. REALIZE GOD IS WITH ME.

*The Lord is close to the brokenhearted and saves those who are crushed in spirit.* Psalm 34: 18

## THREE THINGS TO REMEMBER:

### \*GOD IS AWARE

*Behold, I go forward but He is not there, and backward, but I cannot perceive Him; when He acts on the left, I cannot behold Him; He turns on the right, I cannot see Him. But He knows the way I take; when He has tried me, I shall come forth as gold.* Job 23: 8-10

### \*GOD CARES

*The Lord is good, a refuge in times of trouble. He cares for those who trust Him...* Nahum 1: 7

*Cast all your anxiety on Him because He cares for you.* 1 Peter 5: 7

**\*GOD WANTS TO HELP**

*Let us then approach the throne of grace with confidence, so we may receive mercy and find grace to help us in our time of need.* Heb. 4: 16

**2. RELEASE THE PAIN TO GOD.**

How? Stop focusing on WHAT'S LOST and start focusing on WHAT'S LEFT.

*...do not dwell on the past. See, I am doing a new thing!* Isaiah 43: 18

Here are the options in dealing with pain:

1. REPRESS IT

2. RESENT IT

3. REHEARSE IT

4. RELEASE IT

*Pour out your heart like water before the presence of the Lord.*

Lamentations 2: 19b

**3. RELY ON GOD'S COMFORTERS.**

**\*GOD'S WORD**

*My soul weeps because of grief; Strengthen me according to Thy Word.*

Psalm 119: 28

**\*GOD'S PEOPLE**

*Bear one another's burdens, and thus fulfill the law of Christ.* Gal. 6: 2

**\*GOD'S SPIRIT**

*May the God of hope fill you with all joy and peace in your faith, that by the power of the Holy Spirit, your whole life and outlook may be radiant with hope.*

Romans 15: 13 (Ph)

**4. REACH OUT TO SERVE OTHERS.**

*He comforts us in our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us.*

2 Corinthians 1: 3-4 (NLT)