

Processing Our Grief

Out of the Cave - Part 7

May 19, 2024

“¹⁸While he was still speaking, yet another messenger came and said, ‘Your sons and daughters were feasting and drinking wine at the oldest brother’s house, ¹⁹when suddenly a mighty wind swept in from the desert and struck the four corners of the house. It collapsed on them and they are dead, and I am the only one who has escaped to tell you!’ ²⁰At this, Job got up and tore his robe and shaved his head. Then he fell to the ground in worship ²¹and said: ‘Naked I came from my mother’s womb, and naked I will depart. The Lord gave and the Lord has taken away; may the name of the Lord be praised.’ ²²In all this, Job did not sin by charging God with wrongdoing.” Job 1:18-22 (NIV)

Lessons On Grief:

1. Grief is a **CHOICE**.

2. Grief is **HEALTHY**.

“³³Jesus saw her weeping, and He saw how the people with her were weeping also; His heart was touched, and He was deeply moved. ³⁵Jesus wept. ³⁶‘See how much He loved him!’ ... ” John 11:33, 35-36 (GNT)

3. God grieves **WITH ME**.

“The Lord is close to the brokenhearted and saves those who are crushed in spirit.” Psalm 34:18 (NIV)

4. Grief takes **TIME**.

“For everything there is a SEASON, a time for every activity under heaven. ... ⁴A time to cry and a time to laugh. A time to GRIEVE and a time to dance.” Ecclesiastes 3:1, 4 (NLT)

My Next Step:

1. **UNDERSTAND** that God is with me.

“If your heart is broken, you’ll find GOD right there; if you’re kicked in the gut, he’ll help you catch your breath.” Psalm 34:18 (MSG)

“You (God) keep a close watch on all my paths ... ” Job 13:27 (NIV)

2. **UTILIZE** God’s resources.

- His **WORD**

²⁵I am completely discouraged ... Revive me by your Word. ... ⁵²Your Word has been my comfort.” Psalms 119:25, 52 (TLB)

- His **PEOPLE**

“Help carry each other’s burdens. In this way you will follow Christ’s teachings” Galatians 6:2 (GW)

“Be happy with those who are happy, weep with those who weep.” Romans 12:15 (GNT)

- His **SPIRIT**

“May the God of hope fill you with joy ... that by the power of the Holy Spirit, your whole life and outlook may be radiant with hope.” Romans 15:13 (PHILLIPS)

3. **UNDERGIRD** someone in their loss.

“... the God of all comfort comforts us in all our troubles, so that we can comfort others with the comfort we ourselves have received from God.” 2 Corinthians 1:3-4 (NIV)