

Dealing With Grief

By Bob Gard

Hollister, Missouri church of Christ

www.hollisterchurchofchrist.org

Slide 1

We have all known grief and sorrow. We have all lost loved ones that we held dear and now greatly miss. At the time, it can feel like your own heart has been torn out and you wonder if you can even go on. The Psalmist of 116 has experienced those same emotions that we have experienced. He has lost someone who was near and dear to him. What I want us to notice in this lesson is how he dealt with that terrible loss. Let's read **Psalm 116:1-9** and then look at some of the lessons that we can learn from it...

Slide 2

Here we see someone, probably David, who has faced a loss in his life and has suffered great pain and sorrow. But, as we are going to see, he was able to get through that period of great pain by his reliance on God. That is one of the great blessing we have as Christians, knowing that no matter what happens to us, God is there, we are never alone. The first thing that we notice is that the Psalmist knows what it is like...

Slide 3

How do we know this? Notice **verse 3**... Here we see someone who is in great sorrow, the "pains of death surround me". At the time we have lost someone dear and close to us we don't even want to move, we have no energy, no motivation, we do not want to socialize, we just want to be alone. So how did the Psalmist handle his grief? What are some of the lessons that we can learn?... Let's look at **Psalm 116** and see what we can learn that will help us deal with the sorrow and grief in our own lives. Look at **verse 4**...

Slide 4

Lesson #1 is: Tell God Your Problems! In the midst of his grief he turns from within himself and "calls upon the name of the Lord". It means he reaches out to God. It may sound simple, but few people do it, even Christians! It should be the first step that all of us take. Prayer is a powerful tool but only if we use it! Notice these verses that talk about prayer...

Slide 5

All aspects of our Christian life are based on belief, including our prayers. When we go to God in prayer we must go to Him believing that God will answer our prayers. We must believe that God is there, always listening and then doing what is best for us.

Philippians 4:6 says...

“Be anxious for nothing” now there is a statement that is easier said than done! How many of us have the kind of faith that allows us not to be *“anxious for nothing!”* As Christians we are told not to worry but instead we are to go to God in prayer and tell Him what is on our heart and let God handle it from there. Now, that is great faith! That is what Jesus was talking about in **Matthew 6:25-34** when He said for us not to worry about what we will eat, what we will drink or what we will wear. God knows you have need of these things; doesn't He take care of the birds of the air and the lilies of the field? So won't He take care of you? **Verses 33-34** says, *“But seek first the kingdom of God and His righteousness, and all these things shall be added to you. Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.”*

In times of sorrow we often feel alone, but we need to remember that God is always there ready to help. Everything that comes our way, good or bad, needs to be taken to God in prayer with thanksgiving.

And then in James 5:16 we are told...

We are to pray for one another at all times but especially in times of heartache and trouble. Being able to lean on one another for support and comfort while at the same time fervently praying to God will go along way to help us get through these difficult times. We must tell God our problems! Now, let's read **verses 5-6**....

Slide 6

Lesson #2 is: God Has the Power to Help! As we have seen, our Heavenly Father is always there waiting to help us in time of need, for “I am weak but He is strong!” **Hebrews 4:16** tell us....

Slide 7

Like the song that says, “Living below in this old sinful world, where could I go but to the Lord.” That needs to be our response in everything we do, “Go to the Lord!” Do you need mercy and grace? Do you want help in your time of need? Then boldly go before the throne of God for there we find the power that works!

Ephesians 1:19-20 tells us...

“the exceeding greatness of His power toward us who believe”. What great blessings we have in Christ! Just a few verses earlier in **chapter 1:3** we are told that “*Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ.*” Those who are “in Christ” which means, those who have obeyed the Gospel and have become Christians, have the power of the Almighty God on their side! That in itself should give us great encouragement and hope. God has great power to help us, the same power of God that raised Jesus Christ from the dead and seated Him at His right hand is the same power that is ready and willing to help us in our grief and sorrow! If that doesn’t give you encouragement I don’t know what will!

Ephesians 3:20 puts it this way...

Slide 8

God is always there to help us. He has great power and compassion. He is all knowing and all powerful and He is on our side willing to “do exceedingly abundantly above all that we ask or think!” Now that is Power! The greatest power in the whole universe is at our finger tips, ready to help; we just need to use it! Is your heart troubled? Go to God in prayer and let His mighty power go to work in you! Another lesson is found in **Psalm 116: 7-8...**

Slide 9

The Psalmist says that the Lord had dealt bountifully with him and delivered his soul from death. That is not saying that he was the one that had died but it had felt that way. For those who have lost someone really close it can feel like your life is over. In fact, some people become so depressed that they decide that they do not want to continue to live and take their own life. But for the Christian we have a great blessing because our soul can find rest in God!

Lesson #3 is: “God will comfort and bless you!” **I Cor. 1:3-4** tells us...

Slide 10

These verses should bring us great comfort. Our Father in heaven is the Father of mercies and God of all comfort, and comforts us in all tribulation. Now, that is quite a statement! God provides **ALL** comfort in **ALL** tribulations! No matter what problems come our way God is always there to give us comfort. The key is that we must allow Him into our lives. If we isolate ourselves from everyone, including God, there can be no comfort. And **Psalm 23:4**, a verse that most of us are familiar with, says...

The last we want to look at is **verse 9...**

Slide 11

Lesson #4 is: “Live your life for God!” We must live our life in the here and now. Yesterday is gone and we can not change it. Tomorrow is not here and we do not know what the future holds. Today is the day in which we live and have been given by God. Today is the day that we must do what we can to live for God. This is what Jesus said in **Matthew 6:33-34**....

Slide 12

Today is the day that we must work to do God’s Will. There are enough things for us to do TODAY! **II Cor. 6:1-2** also tells us that TODAY is the day of salvation....

Slide 13

Today is the day of Salvation! We can not go back and change Yesterday, therefore, we must do what we can Today, for we have no guarantee of a Tomorrow. James 4:13-15 says....

Slide 14

We need to live in “Today” doing what is right and let God take care of Tomorrow! What lessons have we learned from **Psalms 116:1-9** that will help us in our own grief and sorrow?...

Slide 15

- #1 First thing we always need to do is go to God in Prayer and tell Him your problems.
 - #2 The same God that has the power to create the world and raise Jesus from the dead is the same God that has the power to help us.
 - #3 God is willing and able to comfort in all of our grief’s.
 - #4 Live your life for God! Another words, get on with your life! Helping others will help take our minds off of our own troubles and grief’s.
- Every one of us has experienced grief and sorrow. It is a natural part of living. But as Christians we are truly blessed because we do not have to suffer alone. We have each other and we have God who is ready and willing to help us in our time of need. The question we ask is...

Slide 16

Ask the question and extend the invitation.