

Good Grief

1. **Pain is a gift from God.**

Blessed are those who mourn, for they will be comforted.

Matthew 5:4

Three times I pleaded with the Lord to take it away from me. But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore, I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me.

2 Corinthians 12:8-9

2. **Grief is an inescapable part of human existence.**

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... I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.

John 16:22, 33

3. **How we respond makes all the difference.**

Matthew 26:69-27:5 Comparing Peter and Judas

4. **Don't avoid community.**

Rejoice with those who rejoice; mourn with those who mourn.

Romans 12:15

Job 2:12-13

5. God is our source of hope and strength.

*Even though I walk through the valley of the shadow of death,
I will fear no evil, for you are with me; your rod and your staff,
they comfort me.* Psalm 23:4

*Though you have made me see troubles, many and bitter, you
will restore my life again; from the depths of the earth you will
again bring me up.* Psalm 71:20

6. You may never understand.

*Where then does wisdom come from? Where does
understanding dwell? It is hidden from the eyes of every living
thing... God understands the way to it and he alone knows
where it dwells, for he views the ends of the earth and sees
everything under the heavens.* Job 28:20-21, 23-24

7. God can restore the beauty to your life.

*There is a time for everything, and a season for every activity
under the heavens: a time to be born and a time to die... a time
to tear down and a time to build, a time to weep and a time
to laugh, a time to mourn and a time to dance.*

Ecclesiastes 3:1-4

*He has made everything beautiful in its time. He has also set
eternity in the human heart; yet no one can fathom what God
has done from beginning to end.* Ecclesiastes 3:11