

# SIDEXSIDE

People in Need of Change **Helping**



People in Need of Change

# RECAP . . .

- Grief, an emotion of deep sorrow/sadness
  - Mourning/Grieving: the process of experiencing and progressing through grief
- Two primary causes, first being loss of something sig (including ability or opp to enjoy good things)
  - Death
    - Difference between grieving in death and disturbance from death
  - Infertility
  - Loss of job



# WHAT CAUSES GRIEF CONT.

- Two Primary Causes
  - Loss of Something Significant (Deut. 34:8; Jn. 11:35; Isa. 53:3)
    - Death of a loved one
      - We grieve because we love
    - Infertility (1 Sam 1:3-9)
    - Loss of a job
    - Loss of health/ability
    - Loss of a relationship (1 Sam 20:41; Acts 20:36-38)
    - Loss of respect/dignity/reputation (2 Sam. 13:19)
  - Guilt (2 Cor. 7:10)
    - The accusations of a healthy conscience cause us to grieve over our sin before God—this is distinct from grieving over the losses caused by sin.



# MOVING TOWARDS THE GRIEVING: TWO FOUNDATIONAL AFFIRMATIONS

## ■ Our Losses are Real

- People *truly* exit our lives. Our lives can be *truly* devastated by sin and its consequences. We can be *truly* sorrowful in longing for good things God withholds from us for whatever reason.
  - Nothing about the *future* makes our pain less real in the *present*.

## ■ The Promises of God are True

- God is sovereign, all-wise, just and perfectly loving.
  - We will be united again with those who have died in Christ in the resurrection. (1 Thess. 4:13-18)
  - All wrongs will be righted, and we will dwell in perfection forever.
- If we overemphasize the promises of God, we will minimize the loss of others.
- If we overemphasize the loss, we will lead others to despair.
- **The promises of God keep us from utter despair, but not genuine sadness**; confusing these two when moving toward grieving people may come across as cliché or dismissive.



# HOW DOES GRIEF GO WRONG?

- It is *very* popular in grief literature to claim that there is no wrong way to grieve or that there is no personal wrong that exacerbates grief—the Bible begs to differ.
- **Three Ways Grief Goes Wrong**
  - Identity-Changing Grief
    - I am defined by what has happened to me. I *am* a person who has lost a spouse, child etc. My conception of myself is “a devastated person,” not describing what has happened to me, but describing *me*.
  - Hopeless Grief (2 Cor. 7:10; 1 Thess. 4:13-18)
    - My grief leads me to utter despair.
  - Selfish Grief
    - I grieve *primarily* because that in which I have found my happiness, success or value has been taken from me. I’m not devastated because I did wrong or because evil occurred; I’m devastated because of the effects those consequences will have for me.
    - I grieve at the intentional expense of others—I get a moral hall pass in grief. Even if there are others grieving, they probably aren’t grieving as much as me.

