

Grief and Loss

Most of us have experienced different kinds of grieving and loss. The longer we live, the more we tend to see. Since they're unavoidable, the question becomes how we can face such devastating impacts on our lives. If you've lost a loved one, you are not alone. Not only have many other people around you lost someone close to them, but God has too. God understands grief. Jesus Himself expressed deep sorrow over the death of His friend Lazarus. Scripture says, in the shortest, yet still profound verse, *"Jesus wept."* (John 11:35)

It is good to grieve the loss of a loved one. By grieving, we are admitting we don't have it all together in the midst of terrible circumstances. God doesn't look down on us when we feel grief. He thinks about us, cares about us, and helps us. *"But you, God, see the trouble of the afflicted; You consider their grief and take it in hand. The victims commit themselves to You; You are the helper of the fatherless."* (Psalm 10:14)

When we experience loss and pain, God doesn't want us to hide our grief. The best thing we can do when we feel like there's no way we can move past a loss is to ask Jesus for help. God knows we need help and He wants to help us through the hardships we face. *"Be merciful to me, Lord, for I am in distress; my eyes grow weak with sorrow, my soul and body with grief."* (Psalm 31:9) God doesn't want us to be tormented with grief, but He wants us to know his love more deeply when we experience loss. *"For no one is cast off by the Lord forever. Though He brings grief, he will show compassion, so great is His unfailing love. For He does not willingly bring affliction or grief to anyone."* (Lamentations 3:31–33)

Although the pain often feels unbearable, our losses do not mean God is done with our lives. God's timing is not our timing, but He is looking out for our best interests. Walking with Jesus in faith is not easy, but He will make things right eventually.

Additional Helpful Scriptures:

- Revelation 21:4
- Psalm 34:18
- Psalms 147:3
- Matthew 5:1-3
- Isaiah 26:3-4
- John 14:1

Community Resources:

- Cloud and Townsend is an online resource that offers books, articles, audio and DVD media resources on emotional struggles, marriage, spiritual life, relationships, parenting, boundaries as well as additional topics. cloudtownsend.com/resources/question-answers/
- Suncoast Kids Place – counseling services for children who have lost a loved one. atriskkids.org/skp
- Grief Share – Additional articles and resources to the support group. Griefshare.org

Grace Resources:

- GFC Christian Counselor list - care@gfcflorida.com
- Journey Through Grief Booklets - care@gfcflorida.com

Support Group:

- Grief Share – gfcflorida.com/Ministries/support