**Series: Upgrades**

**Today: From Grief to a Better Kind of Grief**

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1. Grief is deep emotional sorrow and distress over losing some cherished person, dream or thing.

***John 11***

*Now when Mary came to where Jesus was and saw him, she fell at his feet, saying to him, “Lord, if you had been here, my brother would not have died.” When Jesus saw her weeping, and the Jews who had come with her also weeping, he was deeply moved in his spirit and greatly troubled. And he said, “Where have you laid him?” They said to him, “Lord, come and see.” Jesus wept. So the Jews said, “See how he loved him!”*

1. You don’t bounce back from grief, but you can bounce forward.
2. Grieve your loss – don’t minimize or rush
3. Receive from others

***Roman’s 12:15***

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

1. Take your loss to God

***Psalm 13***

***1*** *How long, O LORD ? Will you forget me forever? How long will you hide your face from me?*

***2*** *How long must I wrestle with my thoughts and every day have sorrow in my heart? How long will my enemy triumph over me?*

***3*** *Look on me and answer, O LORD my God. Give light to my eyes, or I will sleep in death;*

***4*** *my enemy will say, "I have overcome him," and my foes will rejoice when I fall.*

***5*** *But I trust in your unfailing love; my heart rejoices in your salvation.*

***6*** *I will sing to the LORD, for he has been good to me.*

***1 Peter 5:7***

*Cast all your cares (grief) on Him, because He cares for you.*

1. See God’s gifts even in loss

***1 Thessalonians 5:18***

*Give thanks in all circumstances; for this is God’s will for you in Christ Jesus.*

1. Trust that God is at work in you for good

***Romans 8:28***

*And we know that in all things God works for the good of those who love him, whohave been called according to his purpose.*

***2 Corinthians 1:3-4***

*3Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, 4who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.*

1. Remember God’s promises of hope

***1 Thessalonians 4:13-18***

*13Brothers and sisters, we do not want you to be uninformed about those who sleep in death, so that you do not grieve like the rest of mankind, who have no hope.*

*14For we believe that Jesus died and rose again, and so we believe that God will bring with Jesus those who have fallen asleep in him.*

*15According to the Lord’s word, we tell you that we who are still alive, who are left until the coming of the Lord, will certainly not precede those who have fallen asleep.*

*16For the Lord himself will come down from heaven, with a loud command, with the voice of the archangel and with the trumpet call of God, and the dead in Christ will rise first.*

 *17After that, we who are still alive and are left will be caught up together with them in the clouds to meet the Lord in the air. And so we will be with the Lord forever.*

*18Therefore encourage one another with these words. “so that you do not grieve like the rest of mankind, who have no hope.”*