**Series: Emotionally Healthy You**

**Speaker: Ronnie Norman**

**Today: Embrace Grieving and Loss**

1. **We were created for Eden but we don’t live there now.**

***Genesis 2:8, 15, 25***

*Now the Lord God had planted a garden in the east, in Eden; and there he put the man he had formed.*

*15The Lord God took the man and put him in the Garden of Eden to work it and take care of it.*

*25Adam and his wife were both naked, and they felt no shame.*

*Genesis 3:23-24*

*23So the Lord God banished him from the Garden of Eden to work the ground from which he had been taken. 24After he drove the man out, he placed on the east sideof the Garden of Eden cherubim and a flaming sword flashing back and forth to guard the way to the tree of life.*

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

The Bible is honest about the sorrows of life, and God expects you to be honest as well. If you are confused, let God know. If you are angry, let God know. If you are sad, let God know. Your faith shouldn’t silence you in the midst of your grief but should be the catalyst for a conversation with your heavenly Father, the very lover of your soul. It’s in the honest moments that you’ll begin to understand the depths of God’s wisdom and love. You see, God doesn’t just listen. He also answers. Pour out your grief to Him and be honest.

Paul David Tripp, Grief: Finding Hope Again

**Psalm 10**

*Why, O LORD, do you stand far off? Why do you hide yourself in times of trouble?*

**Psalm 22**

***1*** *My God, my God, why have you forsaken me? Why are you so far from saving me, so far from the words of my groaning?*

***2*** *O my God, I cry out by day, but you do not answer, by night, and am not silent.*

**Psalm 42**

*As the deer pants for streams of water,
       so my soul pants for you, O God.*

***2*** *My soul thirsts for God, for the living God.
       When can I go and meet with God?*

***3*** *My tears have been my food
       day and night,
       while men say to me all day long,
       "Where is your God?"*

***5*** *Why are you downcast, O my soul?
       Why so disturbed within me?
       Put your hope in God,
       for I will yet praise him,
       my Savior and my God.*

***Psalm 88***

***13*** *But I cry to you for help, O LORD;
       in the morning my prayer comes before you.*

***14*** *Why, O LORD, do you reject me
       and hide your face from me?*

**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.*

***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. **Loss you don’t get over; it is something you work through.**
* **Grieve your loss – don’t minimize or rush**
* **Take your loss to God**

**1 Peter 5:7**

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

* **Take your loss to friends**

**Roman’s 12:15**

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

* **Let God deepen your soul**

***James 1:2-4***

*2Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, 3because you know that the testing of your faith produces perseverance. 4Let perseverance finish its work so that you may be mature and complete, not lacking anything.*

“Catastrophic loss by definition precludes recovery. It will transform us or destroy us, but it will never leave us the same. … I did not get over my loved ones, rather I absorbed the loss into my life until it became part of who I am. Sorrow took up permanent residence in my soul and enlarged it … However painful, sorrow is good for the soul … The soul is elastic, like a balloon. It can grow larger through suffering.” Jerry Sittser, “A Grace Disguised: How the Soul Grows through Loss.”

* **Watch out for temptation**

“Some people in grief commit reckless sins… to escape the pain of their present situation.” - Lewis Smedes

* **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.*

* **Trust God is at work**

***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.*

* **Remember the resurrection**

***1 Corinthians 15:54-56***

*54When the perishable has been clothed with the imperishable, and the mortal with immortality, then the saying that is written will come true: “Death has been swallowed up in victory.”*

*55“Where, O death, is your victory?
    Where, O death, is your sting?”*

*56The sting of death is sin, and the power of sin is the law. 57But thanks be to God! He gives us the victory through our Lord Jesus Christ.*

***Isaiah 35:10***

*They will enter Zion with singing;
    everlasting joy will crown their heads.
Gladness and joy will overtake them,
    and sorrow and sighing will flee away.*