

# Midweek Study

## HOW TO DEAL WITH HOW YOU FEEL



## God's Answer for Grief

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"The Great Pretender" is a popular song recorded by The Platters released as a single in November 1955. It expresses the attitude of many who refuse to deal with their grief in a healthy way.

### WHAT IS GRIEF?

Grief and mourning are terms to describe the anxiety that takes place when something is lost. That something may be the loss of a loved one, a marriage partner through divorce, the amputation of an arm or other part of the body, or the loss of a familiar community when one moves. These happenings tend to trigger anxiety in us because a separation has taken place. We usually feel some depression and despair in response to such a loss. -Homer Carter

### STAGES OF GRIEF

There are various stages of grief. However, it is not true that all of us move through the stages in an orderly fashion.

**Crisis Stage:** This can last from two days to two weeks. In this stage of grief, you carry out your daily activities in a mechanical manner.

**Crucible Stage:** This can last up to a year or two or more, perhaps even until death if grief is not resolved.

**Contentment stage:** This stage accepts the loss, leaving it in the past. This stage not only accepts that the present offers stability, but also accepts that the future offers new and promising hope. Philippians 3:13; 4:11

### UNHEALTHY TYPES OF GRIEF

**Chronic Grief:** This is an unresolved, deep sorrow experienced over a long period of time due to not accepting or not experiencing closure over a significant loss. The personal pain is buried so deeply the ability to experience real grief and let go of the loss is blocked. Chronic grief can be resolved by facing the loss and grieving it.

#### Repressed Grief:

This is an unidentified, unexpressed, unresolved grief exhibited in unexplainable negative lifestyle patterns. Repressed grief can be overcome by reflecting on major events in your past that caused unresolved hurt and loss. Determine to genuinely grieve losses. Deepen your dependence on God to set your emotionally free. Psalm 118:5

### STAGES OF ACCEPTANCE

The work of accepting the reality of your unwanted loss may consume all your energy. Your efforts will succeed when you focus on being the person God made you to be through your season of sorrow. "And whatever you do, do it heartily, as to the Lord and not to men." Colossians 3:23

#### Accept the Past as Always Being in the Past

- Pray for God's help in embracing your grief. Psalm 34:17-18
- Recall your losses, then write about them. Psalm 51:6
- Weep over your losses. Psalm 30:5
- Complete each loss by writing the word "past" beside I saying, "I will be content to leave this event in the past." 1 Timothy 6:6
- Give thanks to God for all He has taught you and how He will use your past in the future. 1 Thessalonians 5:18

### **Accept the Present as Offering Stability and Significance**

- Choose to live one day at a time. Matthew 6:34
- Put the Lord at the center of your life. Matthew 16:24
- Go to God with your specific questions; make a list. James 1:5
- Thank God for providing everything you need for life. 2 Peter 1:3
- Praise God that though your situation has changed, He will never leave you. Hebrews 13:5
- Focus on the joy and satisfaction of helping others; make a list. Galatians 6:2

### **HOW YOU CAN HELP ONE WHO IS GRIEVING**

**Encourage them to care for themselves physically**—keep hydrated, eat regularly, exercise and get adequate rest.

**Listen to them**, or just silently be with them.

**Don't avoid mentioning their deceased loved one.** Share stories.

**Invite them to join you**, but don't assume they have nothing else to do.

### **GOALS FOR YOUR GRIEF JOURNEY**

**Accept the reality of your loved one's death.**

**Turn to God.** Psalm 63:1

**Rely on God as a source of strength.** God is sovereign (Job 13:15a). God is good (1 John 4:10; John 3:16). God understands (Psalm 147:5; John 11:35)

**Journaling.** Write out your feelings and express them to God. Later when you read them, you will see how you have grown.

**Time does not heal all wounds—talking with Jesus heals us.**

### **WAYS GOD MAY USE GRIEF AND SUFFERING**

**Produce perseverance, character and hope in you.**

Romans 5:3-5

**Save souls**

Genesis 5:20; John 10:10; John 3:16

**Develop dependence on Him**

1 Timothy 5:5

**Cause crying out to Him**

Psalm 142:1-3

**Humble your heart**

Deuteronomy 8:2

**Further your faith**

1 Peter 1:7

### **Accept the Future as Affording New Opportunities**

- Hope in the plans that God has for your future. Jeremiah 29:11
- Know that your sorrow and grief will not be wasted. Psalm 119:71
- Put all your hope in God. Psalm 62:5
- Have faith in God, whom you cannot see. 2 Corinthians 4:18
- Know that God will fill the void in your life. Isaiah 43:18-19

**Establish a new identity.** You are not the same person: your child's mom, your wife's husband (part of a couple).

**Don't numb your pain.** This can come in various forms: alcohol, shopping, comfort food. Seek accountability.

**Take your time.** Grief is a journey. Move toward healing. Don't let others rush you.

**Don't isolate.** There are benefits of solitude as you spend time alone with God, but you also need the interaction with others.

**Show His strength in your weakness**

2 Corinthians 12:10

**Cause you to share Christ's sufferings**

1 Peter 4:12-13

**Reveal His heart**

Job 36:15

**Teach and train**

Hebrews 12:11

**Conform you to Christlikeness**

1 Peter 2:19-21

**Extend Christ's comfort**

2 Corinthians 1:4



**Sundays**

2:00 – 3:30 PM

## **SURVIVING THE HOLIDAYS**

**Sunday, November 21**

11:45 noon – 2:30 PM Fellowship Hall

A complimentary lunch R.S.V.P. 270-6600