

Edward Christian Church      **Grief Recovery-Living at Peace with Loss –pt5**      May 10, 2016  
**Who has not** questioned the reason for pain / suffering in the world? Some people have become hardened by their losses, others have become softened—God used their grief to cultivate in them tender, understanding hearts. Jesus Understands.      *"A Man of sorrows and acquainted with grief."* -Isaiah 53:3

*"We do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet was without sin. Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need."* -Hebrews 4:15-16

*"Casting all your care upon him, for he cares for you."* -1 Peter 5:7

### **What Are Characteristics of Chronic Grief?**

Allowing yourself to be **open** and **honest** about your intense sorrow takes great **courage**.

The **reality** of personal **pain** has been **buried** so deeply that the **ability** to experience real grief is **blocked**.

- People do many things to **camouflage** or **ignore** their grief so...  
    ...that they don't have to **acknowledge** and work **through** it.
- As a result, they have **unhealthy, chronic grief**, which is a **barrier** to emotional **maturity**.
- This **unresolved** sorrow **blocks** the **comfort** that Christ wants to give us.

*"Blessed are those who mourn, for they will be comforted."* -Matthew 5:4

• Inhibited Grief-      Denial of Grief

*"This is not **really** happening to me."*

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• Isolated Grief-      Selective Remembering

*"I **refuse** to think about that car accident again."*

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• Insulated Grief-      Reduced Emotional Involvement

*"I'm not going to **open** myself up to be **hurt** this way again."*

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• Intellectualized Grief      Rationally Explaining Events

*"It could have been **worse**."*

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• Inverted Grief-      Returning to Immature Ways of Responding

*"I can't believe it! I just had a **temper tantrum** like when I was **five years old**."*

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• Immortalized Grief-      Inability to Let Go of the Loss

*"He will always be a **part** of everything in my life."*

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\* Unrealized Grief -

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