**Edward Christian Church Grief Recovery-*Living at Peace with Loss –*pt4May 3, 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**

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

**Characteristics**

*"We don't want to hear it! We don't believe it! We won't accept it!"* While Jesus' disciples didn't **speak** these words **literally**, these sentiments **resounded** in the **hearts** of His **followers**—esp **Peter**. The **shock, confusion,** and **fear** of Christ's **impending** death seemed **too great** to **comprehend**. In **John 16:18** they **protested**, *"We don't understand what he is saying."* Despite their **grief**, Jesus **persisted** in telling them the **truth**. He loved His disciples too much to **enable their denial**.

**Grief** over the **death** of a **significant** person in your life doesn't just **go away** in a **few days, weeks, or months**. **Healthy** grieving can last for **one, two, or even five years**. This is especially true with the **loss** of a **beloved child, parent, or mate**. **Everyone** grieves **differently**, but everyone **must grieve** in order to **heal**. As you **lean** on the **Lord**, your grieving **gradually lessens** and He **restores joy** to your **heart**. And, **someday**, if **not** in this **life**, then in the **life to come**—like the **disciples**—you will **understand** how God **can take** even the most **unspeakable losses** and **turn them to joy**.

*"You will grieve, but your grief will turn to joy."* -**John 16:20**

**How Do You Know If You are Grieving?**

When we **initially** experience a **significant** loss, we can **plunge** into **depths** of **grief** and have **difficulty** coming up for **air**. Then **eventually**, after we **surface**, we are simply **treading water**, not **swimming** toward a real **destination**. The **reason** is called **grief***.* When you feel **engulfed** with **grief**, realize that you have a **Deliverer** who will **keep you** from **drowning** in the **depths** of **despair**.

*"He reached down from on high and took hold of me; he drew me out of deep waters."* -[**Psalm 18:16**](http://www.crossbooks.com/verse.asp?ref=Ps+18%3A16)

* Do you feel **alone** and **isolated**?
* Do you feel that you are **mechanically** going through the **motions** of life?
* Do you feel **resentful** toward **God** for **allowing** your loss?
* Do you ask, ***"Why?"*** over and over **again**?
* Do you feel **overwhelmed**, not knowing **what** to do or **where** to turn?
* Do you feel **emotionally** distraught because of your **loss**?
* Do you have frequent **daydreams** about your **loss**?
* Do you feel **angry** or **bitter** over your **loss**?
* Do you have difficulty **forgiving** those who **caused** your **loss**?
* Do you frequently **dream** at night about your **loss**?
* Do you see life as an empty **struggle** without much **reward**?
* Do you feel **helpless** knowing how much others must also be **suffering**?
* Do you **wonder** what kind of God would **allow** your **loss**?
* Do you **view** God as **uninvolved** and lacking **compassion**?

**Regardless of your view of God right now, the Bible says.**

*"The Lord is good, a refuge in times of trouble. He cares for those who trust in him."* -**Nahum 1:7**

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