

Edward Christian Church **Grief Recovery-Living at Peace with Loss –pt7** May 31, 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. Just Know that Jesus Understands = "A Man of sorrows and acquainted with grief." -Isaiah 53:3

What Are the Side Effects of Severe Grief?

When your **heart** breaks over a **great loss**, **intense** grief will **touch** every aspect of your **life**—your **body, soul, / spirit**. The **effects** of this **intense** grief will **vary** in degree, ranging from **mild to severe**, depending on where you **are** in the grieving **process**. While you may **not** experience **all** the effects, **everyone** will experience **some** of them. **Realize** that these **effects** are **common** to everyone who **grieves** and are **temporary**... as long as you **face** the **pain** of your **loss** and **work through** the **grief process**. David recounts **both** the **bitterness** of his **grief** and the **assurance** of **God's Presence**.

"When my heart was grieved and my spirit embittered, I was senseless and ignorant; I was a brute beast before you. Yet I am always with you; you hold me by my right hand. You guide me with your counsel, and afterward you will take me into glory." -Psalm 73:21-24

- ✓ **Physical Effects:** _____
 - **exhaustion**
 - **headaches**
 - **inability** to sleep
 - **indigestion**
 - **loss** of appetite
 - **stress-induced** illnesses _____

- ✓ **Social Effects:** _____
 - **antisocial** behavior
 - **awkwardness**
 - **escape** behaviors (excessive **drinking, drugs, travel, gambling, sex**)
 - excessive **busyness**
 - **tensions** in existing relationships
 - **withdrawal** _____

- ✓ **Emotional/Mental Effects:** _____
 - **depression** and anxiety
 - **dreams** about the deceased
 - **forgetfulness** and disorganization
 - **guilt** and **anger**
 - **loneliness** and **withdrawal**
 - **threats** of **self-destruction/suicide** _____

- ✓ **Spiritual Effects:** _____
 - **anger** at God
 - **doubting** the **love, fairness, and faithfulness** of God
 - **fear** of God and **dread** about the **future**
 - **inability** to **pray** or **read** the Bible
 - **withdrawal** from spiritual **activities**
 - **questions** about **why** God **allowed** the loss _____

"Why is life given to a man whose way is hidden, whom God has hedged in? For sighing comes to me instead of food; my groans pour out like water. What I feared has come upon me; what I dreaded has happened to me. I have no peace, no quietness; I have no rest, but only turmoil." -Job 3:23-26