

# Grieving Together

“Weep with those who weep.”

Romans 12:15b

## What it means to grieve

**To grieve means to feel the loss.** It is good and right and necessary for us to feel these emotions because we must live in reality.

**To grieve also means to think about the loss.** Sooner or later, you will have to process your thoughts, and it is healthy and right to do it sooner than later.

**To grieve means to think about the person.** It does good to the soul to remember fond memories of good times and hard times, victories won, and sorrows endured.

**To grieve means to lament the future.** Whether it is today or 20 years from now, it is good and right to lament the future that will never be.

**To grieve is to remember the hope of heaven.** The best, most joy-filled day on this earth, doesn't come close to comparing to the moment-by-moment experience of being with the Lord.

## How to grieve together

**Grieve with those who grieve—do not separate yourself from others.** Grieving is indeed an intensely personal experience, and it can feel isolating. But we weren't meant to grieve alone.

**Grieve with those who grieve over something that doesn't affect you.** When you are not grieving, you have an opportunity to step into the grief of a brother or sister by talking with them, hearing about their loss, feeling their pain.

**Grieve with those who grieve at a different level or intensity than you.** We will have the opportunity to set aside our own grief and step into the griefs of others.

**Grieve with those who grieve before imparting wisdom to them.** We need to step into the circle of their pain, show that we are with them in their sorrow, and then at the appropriate time speak words of wisdom.

**Grieve with those who grieve in ways you believe are inappropriate.** Let us be careful to not judge one another but to draw near and enter each other's grief.

**Grieve with those who grieve in ways that are different than your own expressions.** Grieving together doesn't mean that we all demonstrate our grief the same way—it means we allow one another the freedom to grieve in our own ways, and we support each other in those differences.

## Jesus grieves with us

“Surely our griefs He Himself bore, and our sorrows He carried.”  
Isaiah 53:4

This means that on the cross, not only did Jesus take upon Himself all the sins of those who would believe, and receive upon Himself the penalty they deserve, He also felt every pain and every sorrow and every grief that we have and will feel in our lives.

### Questions to help step into the griefs of others.

1. What are some of your favorite memories of your loved one?
2. What did the Lord teach you through their life?
3. How did the Lord use them to strengthen your walk with Christ?
4. What will you miss the most about them?