

BIBLICAL STUDY ON GRIEF.

I. Barbara Bumgartner's words might help you, "Grief is a statement—a statement that you loved someone." (H. Norman Wright, Experiencing Grief, WordSearch e-book, 19)

II. Introduction:

A. **Sorrow is a normal thing in life, but there are two responses to it — 2 Corinthians 7:10**, "For **g**_____ **s**_____ worketh repentance to salvation not to be repented of: but the **s**_____ of the **w**_____ worketh death.

B. **In our sorrow, we need _____, 1 Thessalonians 4:13.**

III. Biblical Mention on Grief

A. There is a season to every stage of life, to include **w**_____ **Ecclesiastes 3:1-8.**

1. Notice it mentions a season for each of these items.

2. NOTE: Healing from a great loss takes time, and is not something that can be quickly dismissed. By doing such you will not be able to grow.

B. There will be a lot of different emotions expressed in the grieving process, **Psalm 88.**

a) **A**_____ of soul (1-3)

b) **W**_____ of Body (4)

c) **D**_____ (6)

d) **D**_____ (7)

e) **L**_____ (8, 18)

f) **H**_____ by God (8)

g) **F**_____ by God (9,14)

h) God does not **R**_____ what loved one could do for Him if still living (10-12)

i) **A**_____ (15)

j) No **H**_____ in life (15)

k) **J**_____ by God (7, 16)

l) God **F**_____ you, an emotion of anger (14, 18)

C. Cry for **S**_____ from the heaviness of sorrow and grief, Psalm 119:28.

IV. My Help in Grief

A. There is a need for s_____, Psalm 84:4-7.

B. There is a need for h_____ of your heart — Psalm 147:3.

C. There is a need for God's c_____, Isaiah 61:1-3.

D. God can give me a new heart, and put me into place of blessing and p_____, Ezekiel 36:26-28.

- E. Christ came to h_____ and help, Matthew 9:12-13.
- F. But I must c_____ to Him to find rest — Matthew 11:28-30.
- G. If you do come humbly, then in time you can _____ these traits, Galatians 5:22-23.

V. Position of God in my Grief

- A. God h_____ my prayers, though He seems distant, Psalm 6:1-9.
- B. We may d_____ He even cares, but He continues to deal blessings out upon me, Psalm 13:1-3, 5,6.
- C. God r_____ out of hard times, Psalm 18:16-19.
- D. God is a_____ ready to pick me up, Psalm 27:10.
- E. God is c_____ to the broken hearted — Psalm 34:17-20.
- F. Though God’s presence may seem absent, He gives His hope, _____ and peace, Psalm 42:1-8, 11.
- G. Without God, I would have surely fallen into greater t_____, Psalm 94:17-19.
- H. God is w_____ over me, even when I sleep, Psalm 121:3-4.
- I. God is g_____ over your loss, Psalm 139
 - 1. God is right there by my s_____, even in my darkest of grief, verse 10.
 - 2. God saw me in my mother’s w_____.
 - 3. T_____ God for good years with loved one verse 13-17.
 - 4. When I awake, I am still w_____ God, verse 18.
- J. God l_____ us through our overwhelming times, Psalm 142:3.
- K. Do not fear the f_____, Isaiah 41:9-10.
- L. God will not f_____ you, Isaiah 49:15.
- M. God does not f_____ his children, and He cares for the fatherless and widows — Psalm 27:10.

VI. Bible Characters struggling with Grief

- A. J_____ (Job 1:20-22; 2:8-10; 3:1-3, 11; 23:10-13; 23:14; 42:5-6)

NOTES: _____

- 1. Nothing ever comes as a s_____ to God. He must allow any tragedy in our life before it actually occurs, Job 23:14.
- 2. Job understood God’s plans l_____ on, Job 42:5-6.

B. D _____ (Psalm 10:1; 13:1-2)

NOTES: _____

C. J _____ (Jeremiah 4:19; 10:19)

NOTES: _____

D. J _____ (Isaiah 53:1-3; Matthew 26:36-38; 27:46)

1. NOTES: _____

E. Disciples of Christ (John 16:19-22)

NOTES: _____

F. Habakkuk (Habakkuk 3:16-19)

VII. P Response in Grief

A. Exercise c _____ in what you allow your mind to think upon, Psalm 77:6-14.

B. Seek the Lord by e _____ oneself in Him, then submit to Him, and ask Him questions on how to proceed, 1 Samuel 30:1-8.

- C. Earnestly seek the w_____ of God, James 1:2-5.
- D. Yearn and c_____ out to God for His presence, Psalm 84:2.
- E. Draw n_____ to God and let this time heal you so you may be able to help others — Psalm 126:4-6.
- F. Let God truly s_____ to you — Psalm 139:23-24.
1. I need the peace and presence of God, and this only comes through a pure heart.
 2. Key to maintaining this relationship is to ask God to search my heart and see if there is any wickedness in my thoughts or wicked ways in me.
 3. I must be willing to let God search my heart, and reveal anything in my life that may not be right with Him, so that I can be reconciled to sweet fellowship with Him.
- G. Remember the past g_____ of God in your life — Psalm 145:5-7.
- H. Leave the f_____ and even the small decisions completely in God's hands — Proverbs 3:5-7.
- I. Be willing with the Lord's help to f_____, Matthew 18:21-22.
- J. Live p_____ with all men, Romans 12:17-21.
- K. 2 Corinthians 1:3-6
1. Realize that God a_____ is the one who is able to truly comfort me.
 2. God is the God of all comfort; thus if I am to find relief, I must c_____ to Him.
- L. God wants to use your grief to h_____ another person in the future, 2 Corinthians 1:4.
1. God allowed your suffering so that you can speak personally to someone else h____ God helped you as you followed His instructions for dealing with grief.
 2. But, do not n_____ your time to grieve, and let the Spirit of God heal your sorrowing heart.
- M. Do not t_____ in yourself, but completely in God for our help, strength, and wisdom, 2 Corinthians 1:8-10.
- N. Learn the ability to give God t_____ in all things — 2 Corinthians 1:11 (cf. Philippians 4:11; 1 Thessalonians 5:18).
- O. All people, even the g_____ will suffer grief, but how they deal with it determines whether they are pleasing to God or not, 1 Peter 2:19-25.
- P. Understand that you must bring all your c_____ to God in full humility, 1 Peter 5:6-7.

VIII. Incorrect Manner of Dealing with Grief

- A. J_____ 's brothers
1. The 10 brothers continued g_____ conscience brought increased stress — Genesis 42:21,
 2. N_____ other family members, Genesis 42:36.
 3. Quick to a_____ wrong motives of others towards you, Genesis 43:6.
 4. Be sure your sin will f_____ you out, Genesis 44:16.
 5. Maintaining a s_____ outlook on life, Genesis 44:28-29, 31.

6. Only repentance and o_____ will bring healing, Genesis 45:4-5, 8.
7. Continually r_____ past hurts, Genesis 45:26 (cf. Proverbs 16:3).
8. Healing comes in a_____ the will of God for one's life, Genesis 46:2-4, 30 (cf. Proverbs 3:5).

a) Joseph, though abandoned by his family and fearing he would never see his family again, continued to s_____ God, and as a result, God used him mightily.

b) T_____ the Lord, **Proverbs 3:5!**

9. Be willing to f_____ past wrongs, Genesis 50:1, 19-21.
10. The ungodly continue to carry g_____ and refuse forgiveness, Genesis 50:15, 17.

B. Look at the G_____ of Drunkenness, Proverbs 23:29,30.

1. There is increase woe, or misery.
2. There is continual sorrow.
3. There are increased fights.
4. There are foolish things said.
5. There are unknown wounds.
6. There is damage to the body.

C. Do not be h_____ in decisions or anxious, but patiently seek God's advice — Matthew 6:32-34 (Proverbs 11:14; 15:22; 24:6).

D. C_____ what God calls evil as good, and what He calls good as evil, Malachi 2:17.

1. Israel was sorrowing over God's judgment, and they refused to yield to God.
2. Unwillingness to accept God's l_____, Malachi 1:2.
3. Unwillingness to r_____ to God, Malachi 3:7.
4. R_____ God and denying His love towards you.

E. **Unwillingness to F_____**, **Matthew 18:23-25**, "Therefore is the kingdom of heaven likened unto a certain king, which would take account of his servants. 24 And when he had begun to reckon, one was brought unto him, which owed him ten thousand talents. 25 But forasmuch as he had not to pay, his lord commanded him to be sold, and his wife, and children, and all that he had, and payment to be made."

IX. My Need in Grief

- A. Be t_____ the way of the Lord, Psalm 27:11.
- B. S_____ the Lord, Psalm 34:4-6.
- C. A_____ God to be your strength and leader, Psalm 43:1-3.
- D. C_____ your burden upon the Lord, Psalm 55:22.
- E. P_____ your complete trust in the Lord, Psalm 73:23-28.
- F. Let God's Word to be your l_____, Psalm 119:130.

- G. T_____ all things are possible with God, Matthew 19:23-26.
- H. P_____ God to cleanse you — Ezekiel 36:25.
- I. In time, as God heals you, don't forget to s_____ others (Matthew 23:11; Luke 22:26).
- J. Allow those stronger than you to h_____ you, Romans 15:1-4.
 1. Allow those stronger than you to help you.
 2. Go to the Scriptures to find true hope for the future.
 3. Allow t_____ for the Scriptures to give you hope.
- K. B_____ God and allow Him to fill you with joy and peace Romans 15:13.
- L. You still have a great p_____ in this life, Ephesians 2:10.
- M. Make r_____ any wrongs that you have with anyone else, and pray for others' h_____, James 5:16.
- N. It is imperative to get right with God by r_____ of any known sins — 1 John 1:8-10.

X. Your Future is Bright

- A. You will have j_____ again, Proverbs 30:5.
- B. One day all sorrow will be e_____, Isaiah 25:8
- C. In eternity, God will be my everlasting S_____, Isaiah 60:18-20,
- D. If you want to p_____ in your life, you must lay aside the desires of the flesh and seek God's will and ways for your life — Romans 8:12-16.
- E. God allows even hard things in our life so that we can be better m_____ into the image of His Son, Romans 8:28-29.
- F. We can presently enjoy the abiding p_____ presence of God, Philippians 4:6-7.
- G. Heavenly crowns await a faithful believer who a_____ God's will for their life, 2 Timothy 4:6-8.
- H. For all believers, they will be reunited and have no more g_____ or sorrows, Revelation 21:4.

XI. Suggestions in Grief

- A. Be willing to ask God or another person to forgive you if you have spoken angry, harsh things in your great sorrow.
- B. Write a letter to your lost loved one, and maybe place at grave
- C. Be sure to write letters to God of your grief, heartache, and desires.
- D. Do not set a time table for how long to grieve; each person is different.
- E. Spend time in His Word.
- F. Meditate on 2 Corinthians.