

Good Grief

May 15, 2021 / Thora Anderson / Vineyard Church North Phoenix

Doing What Jesus Did

Good Grief

I. Introduction

A. Grief is a .

II. The Bible Tells Us One Way Jesus Dealt with the Grief Is...

A. John 11:35 (NAS) *"Jesus wept."*

B. In the Old Testament (Deuteronomy 34:8) there was a mourning period after death.

C. Psalm 34:18 (NAS) *The LORD is near to the brokenhearted and saves those who are crushed in spirit.*

III. Ten Stages of Grief

A. We are in a state of .

B. We express .

C. We feel and lonely.

D. We may experience symptoms of distress.

E. We may become panicky.

1. Inability to concentrate in a time of grief is natural and .

F. We feel a sense of about the loss.

G. We are filled with and resentment.

H. We resist .

I. Gradually comes through.

J. We struggle to affirm .

IV. Three Questions to Consider

A. If you are grieving, what steps have you taken to your grief?

B. Ask yourself, in what ways could your grief experience someone else who is dealing with loss?

C. How can you minister to someone who is grieving around you?

V. Conclusion...

