



Grieving with Hope

walking alongside those who mourn



Talk 1: Understanding loss

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Loss


So very common

Not how it always was (Gen 1-2)

Not how it always will be (Rev 21-22)

But it is how it is now...





1. The essential character of loss

The loss of that which we value

1. The essential character of loss

- The death of...
 - A person
 - A dream
 - A career
 - A relationship
 - A home
- The past...



John 11

'Jesus wept' (v32)

Jesus was 'deeply moved' (v33)

Indignation at death



Grief is not our enemy...

Grief is not our enemy. We are faced with a formidable foe, but that foe is not grief; it is death itself.

Diane Langberg, *Suffering and the Heart of God*





2. The journey of grief



2. The journey of grief

Longing and pining

Lord, if you had been here, my brother would not have died
(John 11:21 & 32)



2. The journey of grief

Anguish

*My heart is in anguish within me;
the terrors of death have fallen on
me.*

*Fear and trembling have beset me;
horror has overwhelmed me.*

Psalm 55:4-5



2. The journey of grief

Despair

From my youth I have suffered and been close to death; I have borne your terrors and am in despair.

Psalm 88:15



2. The journey of grief

Anger

*So I remained utterly silent,
not even saying anything good.
But my anguish increased;
my heart grew hot within me.*
Psalm 39:2-3



2. The journey of grief

Guilt

*My guilt has overwhelmed me
like a burden too heavy to
bear.*

Psalm 38:4

2. The journey of grief

- Longing and pining
- Anguish
- Despair
- Anger
- Guilt
- ...





3. Complicating factors in loss

- Violent loss
- Inexplicable loss
- Uncertain loss
- ‘Out of season’ loss
- ‘Preventable’ loss

- **Ambivalent loss**

The journey of grief

- Longing and pining
- Anguish
- Despair
- Anger
- Guilt
- ...
- **New possibilities**





New possibilities

‘This illness will not end in death. No, it is for God’s glory so that God’s Son may be glorified through it.’ Now Jesus loved Martha and her sister and Lazarus. So when he heard that Lazarus was ill, he stayed where he was two more days...

(John 11:5-6)

*We 'do not grieve
like the rest of
mankind, who
have no hope'*

1 Thessalonians 4:13

