

## GRIEF

### INTRODUCTION:

Grief is a natural and often overwhelming response to loss. It can arise from various sources—death, broken relationships, lost dreams, or even unfulfilled expectations. As Christians, we are not immune to the pain of grief, but the Bible provides comfort, hope, and a way to navigate the deep sorrow that comes with it. This study explores what grief is, how to cope with it, and the hope we have in Christ.

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### KEY SCRIPTURES:

#### **JOHN 11:32-35 (NIV)**

“When Mary reached the place where Jesus was and saw him, she fell at his feet and said, ‘Lord, if you had been here, my brother would not have died.’ When Jesus saw her weeping, and the Jews who had come along with her also weeping, he was deeply moved in spirit and troubled. ‘Where have you laid him?’ he asked. ‘Come and see, Lord,’ they replied. Jesus wept.”

- This passage shows that Jesus, despite knowing He would raise Lazarus from the dead, shared in the sorrow of those around Him. Jesus weeping demonstrates that grief is a natural response, and it is okay to mourn. He empathizes with our pain.

#### **PSALM 34:18 (NIV)**

“The Lord is close to the brokenhearted and saves those who are crushed in spirit.”

- In times of grief, we can find comfort in knowing that God is near to those who are hurting. He understands our pain and is present in our sorrow.

## 2 CORINTHIANS 1:3-4 (NIV)

“Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles so that we can comfort those in any trouble with the comfort we ourselves receive from God.”

- God is the source of comfort. He not only comforts us during our own times of grief but also equips us to comfort others who are suffering.

## REVELATION 21:4 (NIV)

“He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.”

- In eternity, there will be no more grief. This verse points to the hope we have as Christians—that one day, God will completely restore everything and all sorrow will end.

## MATTHEW 5:4 (NIV)

“Blessed are those who mourn, for they will be comforted.”

- Jesus promises comfort to those who mourn. Grieving is not a sign of weakness, but an opportunity to receive God’s comfort and experience His presence.

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## UNDERSTANDING GRIEF: THE REALITY OF PAIN

### GRIEF IS NORMAL AND HUMAN:

- It’s important to remember that grief is a natural response to loss. Jesus Himself wept over the death of Lazarus, even though He had the power to raise him. This shows us that grief is a legitimate emotion. God created us with the capacity to feel deeply, and it’s okay to express those feelings.

## **GOD IS WITH US IN OUR GRIEF:**

- Psalm 34:18 reassures us that God is near to the brokenhearted. He doesn't leave us to face grief alone. In fact, He is present in our pain, offering us His comfort and presence.

## **GOD'S COMFORT HELPS US COMFORT OTHERS:**

- 2 Corinthians 1:3-4 teaches that God comforts us so that we can comfort others. As we experience God's care during our times of sorrow, we are better equipped to walk alongside others who are grieving.

## **HOPE IN THE MIDST OF GRIEF:**

- Grief may feel overwhelming, but the Bible offers hope. Revelation 21:4 promises that one day God will wipe away all tears, and there will be no more pain. This eternal hope gives us strength to endure present grief with the confidence that one day, all suffering will end.



## **QUESTIONS FOR REFLECTION AND DISCUSSION:**

### **WHAT ARE SOME OF THE CHALLENGES YOU FACE WHEN GRIEVING?**

- Grief can be complex and unique to each person. Have you experienced grief in different ways? How do you handle it?
- Have you found it difficult to express your grief or to find comfort?

### **WHY DO YOU THINK JESUS WEPT IN JOHN 11:32-35, EVEN THOUGH HE KNEW HE WOULD RAISE LAZARUS?**

- What does this passage teach us about God's understanding of our pain? How does it make you feel to know that Jesus empathizes with your grief?

## WHAT DOES PSALM 34:18 TEACH US ABOUT GOD'S CHARACTER?

- How does knowing that God is near to the brokenhearted change the way you approach Him in times of grief?
- How can you lean on God's presence when experiencing deep sadness?

## WHAT ROLE DOES HOPE PLAY IN YOUR GRIEF PROCESS?

- How does Revelation 21:4 bring you comfort when you are grieving? How does the promise of a future free from sorrow affect your perspective on current pain?

## HOW HAS GOD COMFORTED YOU IN YOUR GRIEF?

- Reflect on a time when God's comfort helped you through a season of mourning. In what specific ways did you experience His presence and peace during your grief?

## HOW CAN YOU COMFORT OTHERS WHO ARE GRIEVING?

- In what ways can you be a source of comfort to those around you who are mourning? Have you been able to share the comfort you received from God with others?



## PRACTICAL APPLICATIONS:

### EMBRACE THE PROCESS OF GRIEF:

- Grief isn't something to "get over" quickly; it's a process. Allow yourself the space and time to grieve fully, without feeling guilty for your emotions. Remember, grief is a journey, and God is with you every step of the way.

## SEEK SUPPORT FROM OTHERS:

- Don't grieve alone. Reach out to a trusted friend, pastor, or counselor for support. Grief can be isolating, but sharing your pain with others can bring healing.

## FIND COMFORT IN GOD'S WORD AND PRAYER:

- Turn to scriptures like Psalm 34:18 and John 11:32-35 when you are grieving. Let the Word of God remind you that He is near, and pray for His peace and comfort to fill your heart.

## FOCUS ON THE ETERNAL HOPE WE HAVE IN CHRIST:

- When grief feels overwhelming, remember that there is hope beyond this life. Hold onto the promise that God will one day make all things new, and there will be no more mourning, crying, or pain.

## EXTEND COMFORT TO OTHERS:

- If you've experienced grief and received God's comfort, look for ways to comfort those who are grieving. Sometimes, just being present and listening can be a powerful way to help others heal.



## CONCLUSION:

Grief is a difficult journey, but as believers, we can take comfort in knowing that God is with us in our pain and that our hope in Christ gives us strength to endure.

## CLOSING PRAYER:

*Heavenly Father, we thank You for Your promise to be near to the brokenhearted. In our grief, we ask for Your comfort and peace. Help us to lean on You when the pain feels overwhelming and remind us of the eternal hope we have in Christ. Strengthen us to comfort others as You have comforted us. We trust in Your love and care, and we surrender our sorrow into Your hands. In Jesus' name, Amen.*