

# GRIEVING WITH HOPE

What is grief?

What is hope?

Lament:

**Anguish**: Pain of separation; longing to hold, touch, be close to your loved one.

Is he ok? Where is he? Is he safe?

- 2 Cor. 5:1-7 He is home. Free from groaning, burden, pain.
- 1 Thess. 4:14-18 The reason for hope in death...resurrection! Death is not the end; we will be together again.
- 1 Cor. 15:20-26; John 12:24 Jesus is the first fruits. Because He rose, we will rise!
- 2 Tim. 1:10, Heb. 2:14-15 The good news of the gospel: Jesus beat death!
- "I am the resurrection and the life. He who believes in Me will live, even though he dies. And everyone who lives and believes in Me will never die. Do you believe this?" (John 11:25-26)
  - Death does not mean death for the Christian, but entrance into eternal life
- To be with the Lord is:
  - Fullness of joy; pleasures forevermore (Psalm 16:11)
  - Paradise (Luke 23:43)
  - "Better by far" (Phil. 1:23)
  - "To be home" (2 Cor. 5:7)

*"You have made us for yourself, and our hearts are restless, until they can find rest in you."*

*~St. Augustine of Hippo*

**Guilt**: It's my fault, "should've and could've"

*God is sovereign.* As limited humans we cannot fully comprehend how human responsibility and God's sovereignty are woven together. However, we do know that foundationally:

- God ordains the number of our days (Psalm 139:16)
- God determines times and places people are to live (Acts. 17:27; cf. James 4:13-15))
- After all Job's children died, he declares: "The LORD gave and the LORD has taken away; may the name of the LORD be praised. In all this, Job did not sin by charging God with wrongdoing." Job 1:21

*Jesus is full of grace and truth*

- *"The answer to false guilt is truth, and the answer to true guilt is grace. Our Lord Jesus Christ is "full of grace and truth" (John 1:14), and this means that in Him we have all that we need for dealing with guilt, whether it be false or true." (Smith, 62)*
- Big brother Jesus, takes our punishment, to cleanse our guilty conscience and restore us to God. (Ex. Ty taking siblings spankings)

**Doubts/Fear:** Is there really a heaven? Is Christianity really true? Is Ty really safe?

- John 14:1-7 "I am the way, the truth and the life..."
  - The bold claims of Christ beg us to ask: is he who he says he is?
  - C.S. Lewis quote: Lord, Lunatic, Liar?
- "Lord, to whom shall we go? You have the words of eternal life (John 6:68)."
  - Is there a better, more reasonable options?
  - Who is like Jesus?

**Immobilized/disoriented:** How do we move forward? (Web of losses, mobile, nothing fits quite right)

Psalm 32:8

*"Nevertheless, I tell you the truth: it is to your advantage that I go away, for if I do not go away, the Helper will not come to you. But if I go, I will send him to you." (John 16:7; cf. 14:17)*

*Ascension-Jesus made a way for Ty into heaven and he makes a way forward for us.*

John 14-16 The ministry of the Holy Spirit

- "Helper" "comforter" (John 14:16, 26, 15:26, 16:7)
- He leads us (Rom. 8:14; Gal. 5:18, 25)
- Illuminates our minds to comprehend spiritual things (Eph 1:17-18, 1 Cor. 2:10-13, John 16:14,26)
- Grants and nurtures in us resurrection life (Rom. 8:11; cf. Gal. 5:22-25)
- Intercedes for us when we don't know what to pray (Rom. 8:26-27)
- Grants spiritual gifts to the church to strengthen and build up (1 Cor. 4:5-11)

**Long Suffering:** How long oh Lord? How long will it hurt? What does healing look like?

- Healing for an amputee does not mean that they get their leg back, but their wound does heal and they do learn to walk again.
- Brad Hambrick signs of healing (From Grief seminar)

Increased energy level	I'm able to use my experience to comfort others
Normalized sleep patterns	Ability to think and make decisions
I'm able to look forward to events again	I'm able to freely worship
I'm able to experience peace even in a grief wave	My sense of humor returns
I don't feel like I'm drowning	I don't feel irreverent to laugh
- Tolkien quote. Matt. 11:28-29

Summary: