

What is Grief

Webster Grief Definition

1. Deep and poignant distress caused by or as if by bereavement
2. A cause of such suffering
3. An unfortunate outcome

God's perspective on Grief

- **Psalm 34:18** - The LORD is close to the brokenhearted and saves those who are crushed in spirit
- **Revelation 21:4** - 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.
- **Matthew 11:28** - Come to me, all you who are weary and burdened, and I will give you rest.
- **John 3:16** - For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

Grief – 5 Stages

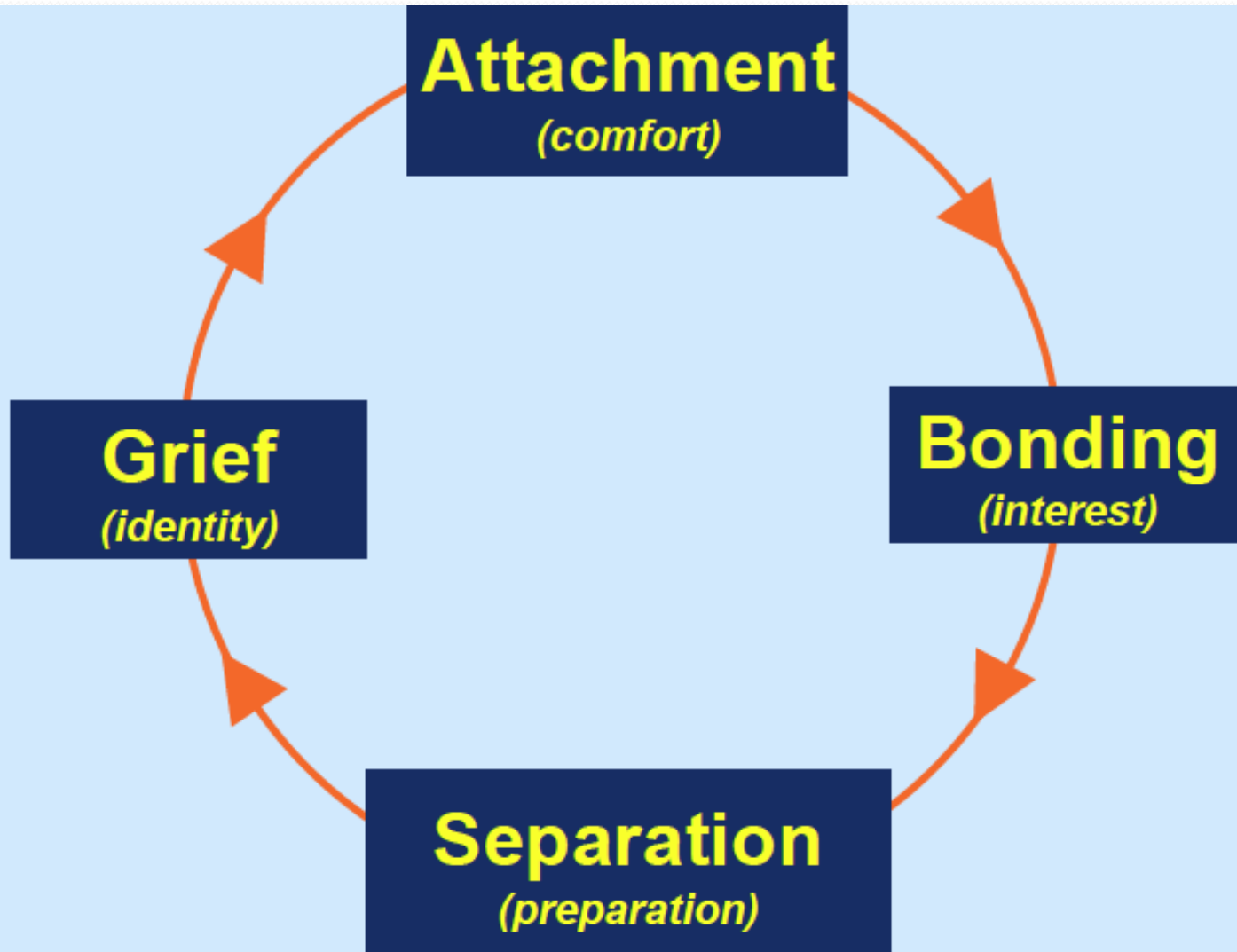
- **Denial** - Denial is a conscious or unconscious refusal to accept facts
- **Anger** - Anger can manifest in different ways. People dealing with emotional upset can be angry with themselves, and/or with others, especially those close to them.
- **Bargaining / Rationalization** – Bargaining or rationalizing rarely provides a sustainable solution, especially if it's a matter of life or death.
- **Depression** - In a way it's the dress rehearsal or the practice run for the 'aftermath' It's a sort of acceptance with emotional attachment. It's natural to feel sadness and regret, fear, uncertainty, etc. It shows that the person has at least begun to accept the reality.
- **Acceptance** - it is an indication that there is some emotional detachment and objectivity.

Everyone goes through the grief process, though the experiences, intensity and time in each phase is unique the each situation.

Grief Cycle



Cycle of Bonding



Closing Thoughts

- Grief can rock us at our core, make us question life, relationships, our faith
- To truly move beyond grief we need others
- Everyone goes through the grieving process and this is not a unique experience, though our experience is based on the situation
- How someone grieves is not how someone loves
- Grief can be a result of a lot of different things
- God is not the source of our grief
- We should understand the grieving process when we are leading ministry not diagnose or describe it