

## GETTING THROUGH LIFE'S LOSSES

*Happily Ever After? – Part 2*

### 1. LOSS IS UNAVOIDABLE BUT GRIEF IS A CHOICE.

There is no LIFE without change.  
There is no CHANGE without loss.  
There is no LOSS without pain, but grief is a CHOICE.

### 2. GRIEF IS HEALTHY.

*“When Jesus saw Lazarus’ sister sobbing, and saw how all those with her were crying also, His heart was touched, and He was deeply moved... Then Jesus started crying. ‘See how much He loved Lazarus!’ they said.” John 11:33-36*

#### UNHEALTHY REACTIONS:

REPRESSION: Unconsciously trying to block out painful thoughts

SUPPRESSION: Consciously trying to block painful thoughts

### 3. GOD GRIEVES WITH ME.

*“The Lord is close to the brokenhearted and saves those who are crushed in spirit.” Psalm 34:18*

### 4. GRIEF IS HEALED IN COMMUNITY.

*“Carry each other's burdens, and in this way you will fulfill the law of Christ.” Galatians 6:2*

*“When others are happy, be happy with them. If they are sad, share their sorrow.” Romans 12:15*

### 5. GRIEF TAKES TIME.

*“There is a time for everything, and a season for every activity under heaven... a time to weep and a time to laugh, a time to mourn and a time to dance.” Eccl. 3:1, 4*

## STEPS TO MOVING FORWARD:

### 1. LIST THE LOSSES THAT I HAVEN'T GRIEVED OVER.

*“Blessed are those who mourn, for they will be comforted.”  
Matthew 5:4*

#### Why don't we let ourselves grieve? Fear

*“Even though I walk through the valley of the shadow of death, I will fear no evil, for You are with me.” Psalm 23:4*

### 2. IDENTIFY WHAT I'VE REALLY LOST.

### 3. HAVE THE COURAGE TO LAMENT.

A LAMENT: a passionate expression of grief to God  
An act of worship that can include complaining to God

#### Psalms of Lament:

Psalm 3-7,9,10,12-14,17,22,25-28,31,35,36,38,39,41-44,51-61,64,70,71,74,77,79,80,82,83,85,86,88,90,94,102,109,137,139-143,145

- **COMPLAINING TO GOD IS AN ACT OF WORSHIP.**
- **COMPLAINING ABOUT GOD IS AN ACT OF REBELLION.**

### 4. ASK JESUS TO HEAL MY BROKEN HEART.

*“The Lord is like a father to His children, tender and compassionate to those who honor Him. For He understands how weak we are.”  
Psalm 103:13-14*

*Jesus: “God has sent me to heal the brokenhearted...”  
Luke 4:18 (LB)*