

# Grieve Not ...

as those with no hope

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## Introduction

### Why do we grieve?

Grief is part of the **normal human condition** according to Scripture.

Eccles 3:4 *A time to weep and a time to laugh, a time to mourn and a time to dance,*

**Christ**, in his humanity, wept and experienced great sorrow and grief.

Isaiah 53:5 *a man of sorrows and acquainted with grief*

Weep over **unfulfilled expectations and dreams**.

Christ also wept in response to the **loss associated with death**.

Jesus also sorrowed and grieved in **anticipation of his own suffering**.

### What do we grieve for?

We grieve for **that which is lost** to us.

tangible losses such life itself

less tangible losses of dreams and expectations

We also grieve for the **pain that others experience** in a loss.

Mostly we **grieve for ourselves**.

### How do we grieve?

#### Components of grief

Emotion

behaviour

time

#### Tasks of mourning

closure

adjustment

reinvestment

#### Comforting those who grieve - 2 Corinthians 1:3-7

Availability

Intentionality

Discernment