

Embrace Grieving and Loss

John 11:28-37

**IT IS NOT POSSIBLE
FOR A CHRISTIAN TO BE
SPIRITUALLY MATURE
WHILE REMAINING
EMOTIONALLY
IMMATURE.**

Peter Scazzero, *The Emotionally Healthy Church*

STORY ARCH OF BIBLE:

CREATION

FALL

REDEMPTION

RESTORATION

(RE-CREATION)

EFFECTS OF THE FALL

- **Naked and ashamed (we hide). Gen. 3:7-10**
- **Pain in Childbearing very severe (Child rearing, Child conceiving). Gen 3:16**
- **Inter-marital conflict. Gen 3:16**
- **Work is painful labor. Gen 3:17-18**
- **Life will be a fight for food and shelter until one day you lose to it and return to the ground in death. Gen 3:19**

**WE WERE CREATED FOR
PERFECTION BUT WE LOST IT**

**WE WERE BORN INTO A
WORLD OF DISAPPOINTMENT**

**Grief is deep emotional
sorrow and distress over
losing some cherished
thing or person.**

When she had said this, she went and called her sister Mary, saying in private, "The Teacher is here and is calling for you." And when she heard it, she rose quickly and went to him. Now Jesus had not yet come into the village, but was still in the place where Martha had met him. When the Jews who were with her in the house, consoling her, saw Mary rise quickly and go out, they followed her, supposing that she was going to the tomb to weep there.

Now when Mary came to where Jesus was and saw him, she fell at his feet, saying to him, “Lord, if you had been here, **my** brother would not have died.” When Jesus saw her weeping, and the Jews who had come with her also weeping, **he was deeply moved in his spirit and greatly troubled.** And he said, “Where have you laid him?” They said to him, “Lord, come and see.” **Jesus wept.** So the Jews said, “See how he loved him!” But some of them said, “Could not he who opened the eyes of the blind man also have kept this man from dying. John 11v28-37

Emotions are the cry of the soul. They expose what we are doing with the sorrow of life and in turn reveal what our heart is doing with God.

Dan B Allender; Tremper Longman. The Cry of the Soul: How Our Emotions Reveal Our Deepest Questions About God

Lent is a time to relinquish the things that we may not even know we are using to avoid pain. This is why it's common to abstain from food, drink, TV, social media, shopping, dating, and more. We are all using these things in disordered ways. The important part of lent that is often missed is that we abstain from these indulgences not to replace them with other things that can give us the little high we need, but we let them go so that we can more fully access the pain/fear/anxiety in our hearts and learn to live with Jesus from that deeper place and allow him to give us comfort (or not. He sometimes makes us sit there longer than we would like because He is taking us even deeper).

The Bible is honest about the sorrows of life, and God expects you to be honest as well. Psalms 13, 22, 38, 42, 55, 59, 61, 73, and 88 all record God's people bringing their honest grief, questions, and complaints to the Lord. You should too. If you are confused, let God know. If you are angry, let God know. If you are sad, let God know. Your faith shouldn't silence you in the midst of your grief but should be the catalyst for a conversation with your heavenly Father, the very lover of your soul. It's in the honest moments that you'll begin to understand the depths of God's wisdom and love. You see, God doesn't just listen. He also answers. Pour out your grief to Him and be honest.

Paul David Tripp, *Grief: Finding Hope Again*

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