



**Do you feel that our society tells us
that grief is a barrier to happiness
rather than a path toward it?**

#HappyPeople



**How can we discover happiness in
the midst of our grief?**

#HappyPeople



We Don't Want to Grieve (Matthew 5:4)



Matthew 5:4

Blessed are those who mourn, for they shall be comforted.



We Don't Want to Grieve (Matthew 5:4)

- pentheō - grief - "to experience sadness because of some life circumstance"



"You experience grief anytime you go through a loss."

Dr. Jack Martin



We Don't Want to Grieve (Matthew 5:4)

- pentheō - grief - "to experience sadness because of some life circumstance"
- Grief is the feeling that something is missing and experiencing that constantly.



"Part of every misery is, so to speak, the misery's shadow or reflection: the fact that you don't merely suffer but have to keep on thinking about the fact that you suffer. I not only live each endless day in grief, but live each day thinking about living each day in grief."

C.S. Lewis



Three Biblical Causes of Grief



Three Biblical Causes of Grief

1. Personal grief and loss (John 11:32-35)



John 11:32-35

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.



Three Biblical Causes of Grief

1. Personal grief and loss (John 11:32-35)
2. Grieving over wickedness in the world (Isaiah 61:1-3)



Isaiah 61:1-3

The Spirit of the Lord God is upon me, because the Lord has anointed me to bring good news to the poor; he has sent me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to those who are bound; to proclaim the year of the Lord's favor, and the day of vengeance of our God; to comfort all who mourn; to grant to those who mourn in Zion—to give them a beautiful headdress instead of ashes,



Isaiah 61:1-3

the oil of gladness instead of mourning, the garment of praise instead of a faint spirit; that they may be called oaks of righteousness, the planting of the Lord, that he may be glorified.



Three Biblical Causes of Grief

1. Personal grief and loss (John 11:32-35)
2. Grieving over wickedness in the world (Isaiah 61:1-3)
3. Grieving over personal sin (Psalm 51:1-2, 14-17)



Psalm 51:1-2

Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions. Wash me thoroughly from my iniquity, and cleanse me from my sin!



Psalm 51:14-17

Deliver me from bloodguiltiness, O God, O God of my salvation, and my tongue will sing aloud of your righteousness. O Lord, open my lips, and my mouth will declare your praise. For you will not delight in sacrifice, or I would give it; you will not be pleased with a burnt offering. The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise.



1. Why isn't it coming back?



1. Why isn't it coming back?
2. What about my needs?



1. Why isn't it coming back?
2. What about my needs?
3. Why do I have to feel this way?



1. Why isn't it coming back?
2. What about my needs?
3. Why do I have to feel this way?
4. Why does it have to be this way?



Comfort Can Only Come Through Grief



Comfort Can Only Come Through Grief

1. We are comforted by God when we grieve a loss. (2 Corinthians 7:5-8)



2 Corinthians 7:5-8

For even when we came into Macedonia, our bodies had no rest, but we were afflicted at every turn—fighting without and fear within. But God, who comforts the downcast, comforted us by the coming of Titus, and not only by his coming but also by the comfort with which he was comforted by you, as he told us of your longing, your mourning, your zeal for me, so that I rejoiced still more. For even if I made you grieve with my letter, I do not regret it—



2 Corinthians 7:5-8

though I did regret it, for I see that that letter
grieved you, though only for a while.



Comfort Can Only Come Through Grief

1. We are comforted by God when we grieve a loss.
(2 Corinthians 7:5-8)
2. We are comforted by God when we grieve
over sin. (2 Corinthians 7:9-10)



2 Corinthians 7:9-10

As it is, I rejoice, not because you were grieved, but because you were grieved into repenting. For you felt a godly grief, so that you suffered no loss through us. For godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death.



"The Christian who has stopped repenting has stopped growing."

A.W. Pink



Comfort Can Only Come Through Grief

1. We are comforted by God when we grieve a loss.
(2 Corinthians 7:5-8)
2. We are comforted by God when we grieve over
sin. (2 Corinthians 7:9-10)
3. We are able to comfort others.
(2 Corinthians 1:3-4)



1 Corinthians 1:3-4

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God.



Give Jesus Your Grief (Luke 8:49-56)



Luke 8:49-56

While he was still speaking, someone from the ruler's house came and said, "Your daughter is dead; do not trouble the Teacher any more." But Jesus on hearing this answered him, "Do not fear; only believe, and she will be well." And when he came to the house, he allowed no one to enter with him, except Peter and John and James, and the father and mother of the child. And all were weeping and mourning for her, but he said,



Luke 8:49-56

“Do not weep, for she is not dead but sleeping.”
And they laughed at him, knowing that she was dead. But taking her by the hand he called, saying, “Child, arise.” And her spirit returned, and she got up at once. And he directed that something should be given her to eat. And her parents were amazed, but he charged them to tell no one what had happened.



Give Jesus Your Grief (Luke 8:49-56)

- Give the grief of your failings to Jesus.
(1 John 1:9)



1 John 1:9

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.



"The Beatitude also calls on the faithful to mourn over evil in their own lives as they realize their inability to conquer it unaided. Failure to love God and our neighbors should produce grief. The blessed are those who experience this mourning."

Kenneth E. Bailey



Work with the Holy Spirit to:



Work with the Holy Spirit to:

1. Change your attitude.



Work with the Holy Spirit to:

1. Change your attitude.
2. Change your actions.



Work with the Holy Spirit to:

1. Change your attitude.
2. Change your actions.
3. Change your story.



Give Jesus Your Grief (Luke 8:49-56)

- Give the grief of your failings to Jesus.
(1 John 1:9)
- Give the grief of your loss to Jesus.
(Luke 8:49)



Give Jesus Your Grief (Luke 8:49-56)

- Give the grief of your failings to Jesus.
(1 John 1:9)
- Give the grief of your loss to Jesus.
(Luke 8:49)
- Give the grief for your world to Jesus.
(Luke 8:52-53)



Recap



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- You don't want to hurt. You don't want to grieve.



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- Happy people grieve because grieving people are comforted.



Recap

- You don't want to hurt. You don't want to grieve.
- Happy people grieve because grieving people are comforted.
- Give your grief to Jesus.



