

**“Good Grief”**

John 11:17-34 – *Pastor Josh Gerber*

**What is grief?** Grief is our whole-personed response to a loss or a perceived loss.

**Main point:** Grief, for Christians, is met with honesty and a confident expectation of God's comfort, drawing strength from Jesus, our guide in sorrow and our source of unwavering grace.

1. **Godly grief understands apparent delays in God's timing as painful, but still evidences of his perfect love for us.**
  
  
  
  
  
  
  
  
  
  
2. **Godly grief knows what to do with the “why” questions.**
  
  
  
  
  
  
  
  
  
  
3. **Godly grief does not act as if emotions are bad.**
  
  
  
  
  
  
  
  
  
  
4. **Godly grief clings to One who models grief and who empowers those in grief.**

**Responding to grief:**

- Write your own lament psalm to the Lord. Let this psalm or another guide your written prayer as you articulate your pain.
- Trust is “not a passive state of mind. It is a vigorous act of the soul by which we choose to lay hold on the promises of God and cling to them despite the adversity that at times seeks to overwhelm us.” Memorize this definition and choose some of the promises of Scripture to fight with your soul to believe and cling to in the midst of your trouble.
- One evening, go outside and look at the stars. Spend some time praying and reminding yourself from Isaiah 40:25-26 that the Lord knows the stars by name and knows you in your grief.
- Think about Philippians 4:8 and come up with a list of things to be thankful for when your mind wants to dwell on regrets.

**Helpful Hymns:**

- O God, Our Help in Ages Past
- Be Still My Soul
- In the Valley
- Turn Your Eyes Upon Jesus
- It Is Well With My Soul
- Christ Our Hope in Life and Death