

N CARE MINISTRY

GRIEVING - A PROCESS NOT AN EVENT

I. GIVING PERMISSION

- The first thing to know is that we must permit ourselves to grieve. We know that Jesus wept and felt grief when his friend Lazarus died.
- Grieving is a natural and normal reaction to pain and suffering.
 - Not all grieving looks the same.
 - Grieving is both individual and communal. We are not to walk through it alone but in community with others; God, church, family, friends, etc.
 - Care Groups for people working through grief include: Celebrate Recovery, DivorceCare, GriefShare, and Advancing Through Adversity.
- Grieving is a process (2 years on average).
 - Elizabeth Kubler-Ross created the mnemonic device DABDA to help remember the stages of the grieving process.
 - Denial, Anger, Bargaining, Depression, and Acceptance.
 - These stages are neither chronological nor exhaustive.

II. SUFFERING AND PAIN: PART OF LIFE (CHRISTIAN LIFE)

- We know that we will suffer as Christians, but also because we are Christians, and that we are to consider it joy to participate with Christ in His suffering.
 - We struggle with this because we do not like feeling weak or powerless. Recovering people who have pushed through the pain and suffering know it is only when we surrender to Jesus and accept Him that we allow Christ to do for us what we could not do for ourselves.
- Since God is most interested in our character being like Christ, we may not always see the point of our suffering, but there will be fruit that comes from it; God doesn't waste anything.

III. THE TAKEAWAY

- "It's okay to not be okay" and to admit it.
- Grieving is a non-linear process that looks different from person to person.
- We are to share our grief, pain, and suffering with our brothers and sisters in Christ, and to help carry one another's burdens just as Jesus invited us to share in his sufferings to be yoked with Him. Galatians 6:2, Philippians 4:14, and Matthew 11:28-30.

OUR SUFFERING HAS PURPOSE WHEN WE ARE ROOTED IN JESUS

ANDY WING - SENIOR ADULTS & CARE PASTOR | AWING@MYNORTHSIDE.COM
RACHEL HOLLENSSEAD - CARE MINISTER | RHOLLENSSEAD@MYNORTHSIDE.COM

