

## MOURNING, WHAT DOES THE BIBLE SAY ABOUT THIS?

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When we think about grieving, mourning, and sadness, it isn't something that we get excited about. It can be hard for some people to allow this process. There are many situations where a person needs to allow themselves to be able to grieve and mourn.

Sometimes it can be hard to allow yourself to let the tears flow, I know for myself it can be hard at times, to cry but it's an important step to healing.

I found the following from "seattle christian counseling" an article I stumbled upon as I was studying and searching about mourning in the bible etc and I would like to share some excerpts below:

Grief doesn't always follow a predictable path. The well-known five stages of grief – denial, anger, bargaining, depression, and acceptance – aren't a step-by-step map for how your grief will unfold. Each person's grief takes its own route, and in many cases, grief doesn't go away – one simply learns to live with the loss. Some days the pain washes over you afresh, and on other days you find you've adjusted to the loss and are enjoying life

It's important that you know your limits and that you seek help from a mental health professional if your grief is overwhelming and is preventing you from getting back to work, school, or other pursuits that make up a full and rich life.

Grief in the Bible: Examples from Scripture  
Grief is a natural part of life

In thinking about grief, one place to start is to recognize that grief is a natural part of life. Ecclesiastes 3 reads in part, "There is a time for everything, and a season for every activity under heaven: a time to be born and a time to die...a time to weep and a time to laugh, a time to mourn and a time to dance." Ever since Genesis 3, our lives have been marked by the reality of brokenness amid beauty. Grief will come to us sooner or later. Some people treat loss and grief as an unnatural thing – they may even act as though they haven't experienced the pain of loss, burying their grief in work or play, and risky behavior such as substance abuse or sexual promiscuity. Acknowledging the reality and place of grief helps us to deal with those times when we meet loss. Others may be convinced that as believers, there's no room in their lives for anything other than celebration and praise. However, there is a season for everything, and we only deny ourselves the opportunity of healing when we don't take the opportunity to grieve when we need to. When Jesus lost his friend Lazarus to death, he wept (John 11:35).

If Jesus grieved that loss and others in his life, we too can take the time to grieve our losses. Grief can break into our lives unexpectedly

Situations that bring grief in their wake can come upon us unexpectedly. We can't always predict when grief comes our way. Proverbs 14:13 says, "Even in laughter the heart may ache, and joy may end in grief." One such example that also comes from the Bible is the death of Rachel in childbirth (Genesis 35:16-20).

What was going to be an occasion of extraordinary joy in the birth of a child turned into a bitter-sweet celebration of a new son while mourning the loss of the child's mother. Situations that cause grief can arise quite unexpectedly – after becoming pregnant, starting a new job, graduating from college, moving to a new city, or having just met the love of your life. Grief affects us – mind, body, and soul. Be merciful to me, O Lord, for I am in distress; my eyes grow weak with sorrow, my soul and body with grief. –Psalm 31:9

**God knows our griefs** God knows everything. God knows our thoughts, our fears, hopes, and our pain. But God doesn't know these things from afar. Not only does God come alongside us in our grief, but one of the remarkable ideas in the Bible is that God became one of us. Not only did Jesus experience griefs of his own, but he also bore our griefs. Written some seven hundred years before the birth of Jesus Isaiah 53 tells us something of what Jesus would do when he arrived on earth.

*He was despised and rejected by men; a man of sorrows, and acquainted with grief, and as one from whom men hide their faces he was despised, and we esteemed him not. Surely, he has borne our griefs and carried our sorrows... he was wounded for our transgressions; he was crushed for our iniquities; upon him was the chastisement that brought us peace, and with his stripes, we are healed"*

– **Isaiah 53: 3-5**"Jesus is well acquainted with our griefs; not in a generalized sort of way, but intimately and with us. He walked among us and experienced life as a human being, and so we know that when we take our sorrows to him, he knows what we're going through (Hebrews 4:14-16).

**Grief isn't forever**

Some griefs that we experience mark us for life, while others are for a season and we manage to find our new normal quickly. As we noted above, grief isn't the kind of thing that evaporates, and we can act like it never happened. It can manifest in new situations, and it doesn't always take the same form

For example, a young boy can mourn the loss of his father in one way when he is a child. When that child grows up and has a child of his own, he might grieve the loss of his father in a new way because of what he missed out on. In this way, grief isn't a closed door that we close and never revisit. Grieving old wounds in new ways can be healthy and a natural progression of the process.

One thing the Bible reminds us of and encourages us is to not grieve like

people who don't believe in God do. Death is one of the more consistent causes of grief, but because Christians believe in a resurrection, we know that death is not the last word; there is hope for more, for life. *Brother and sisters, we do not want you to be ignorant about those who fall asleep or to grieve like the rest of humanity, who have no hope. – 1 Thessalonians 4:13!*

In light of Jesus' resurrection, the specter of death loses its sting and doesn't have the last word on life. Our grief may last a season or the rest of our lives, but it is not without hope because of who God is. We can grieve with hope.

Our losses and grief will be resolved in the resurrection where God promises to wipe our tears from our eyes. *Then I saw a new heaven and a new earth, for the first heaven and the first earth had passed away, and there was no longer any sea. I saw the Holy City, the new Jerusalem, coming down out of heaven from God, prepared as a bride beautifully dressed for her husband.*

The order of things in which we lose people and relationships, experience suffering, and death will come to an end, and God, like a loving parent, will wipe our tears away. Knowing that reality can sustain us even on the darkest of days in our grief."

1. How can grieving help you?
2. What things did you learn about grieving?
3. What Bible Verses have helped you personally with this

Verses

on

Grieving:

Psalm 9:9 "The Lord is a refuge for the oppressed, a stronghold in times of trouble."

Psalm 18:2 "The LORD is my rock, my fortress and my deliverer; my GOD is my rock, in whom I take refuge. HE is my shield and the horn of my salvation, my stronghold."

Psalm 34:18 "The Lord is close to the brokenhearted and saves those who are crushed in spirit."

Psalm 147:3 "He heals the brokenhearted and binds up their wounds."

Matthew 5:4 "Blessed are those who mourn, for they will be comforted."