

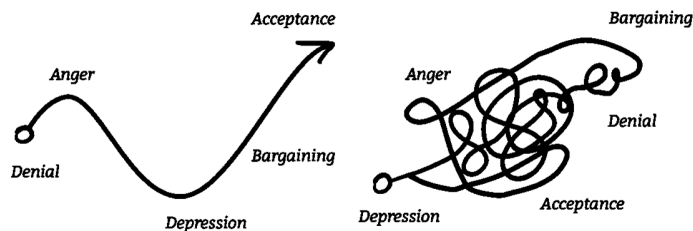
Stages of Grief



“You have turned my mourning into joyful dancing. You have taken away my clothes of mourning and clothed me with joy.” Psalm 30:11

Three Observations

1. Grief is an experience and not a process



2. Grief should be experienced in community
2 Corinthians 7:6; John 11:19
3. Death need not be terminal, but it is transitional
John 5:24



“Joy has left our hearts; Our dancing has turned to mourning.”
Lamentations 5:15

Mourning is working through the pain of sorrow
that follows a significant loss.

Examples: Genesis 37:34; Job 1:20

When I am facing the loss of someone I love, I should...

1. **Ask** God to intervene.

2 Samuel 12:16-17; John 11:1-3

“¹⁷The Lord hears his people when they call to him for help. He rescues them from all their troubles. ¹⁸The Lord is close to the brokenhearted; he rescues those whose spirits are crushed.” Psalm 34:17-18

2. **Acknowledge** death as an earthly reality.

2 Samuel 12:18-19; Ecclesiastes 7:2; Romans 5:12

“death” refers to the sins destructive consequences

3. **Allow** God’s peace to touch you.

2 Samuel 12:20-23; Psalm 23; 2 Corinthians 1:3; Job 11:16