



Fulfillment Hour November 22, 2020

Alone, Grieving, But Thriving Luke 4:18-19

Grief is the natural response to any major loss and can be triggered by a variety of scenarios. Possible losses that may cause grief include the following: death of a loved one, divorce or ending of a relationship, onset of a chronic or terminal disease, job loss, or delivering a child with a birth defect.

The above are undeniable parts of life, but it is not always easy to deal with— [John 16:33](#), [Hebrews 9:27](#), [Job 14:1](#), [Psalm 90:10](#), and [James 4:14](#).

Realities of Death

The death of a loved one takes a toll on those left behind and at times that grief seems like it will never end. Nothing in life can prepare one for the death of a loved one. Whether death is sudden; accidental; or from a sustained illness, it always catches us off guard.

Death is so deeply personal and stunningly final; nothing can emotionally prepare one for its arrival. With every death, there is a feeling of loss. And, with that feeling of loss, there will be grief. Grief is the response to loss, particularly to the loss of someone or something that has died, to which a bond or affection was formed. It manifests itself emotionally, physically, cognitively, behaviorally, socially, culturally, and spiritually.

This grief does not always come in an orderly, confined timeframe. Its process is not the same for everyone. Culture tells us to move past this process quickly. Take a few days or weeks but don't stay there too long. Grieving sometimes makes those around you feel uncomfortable. Friends and loved ones don't know what to say and often end up saying the wrong thing. They don't know what to do with your pain.

Grieving and Its Purpose

Yet grieving, as painful as it may be, is a necessary part of healing. If we come to God and use His Word; prayer; and the connection of other believers, our grief has a purpose. Grieving is the process God uses to bring us to a place of wholeness. Note the following Scriptures: [John 16:22](#), [Romans 12:2](#), [Matthew 11:28-30](#), [Matthew 5:4](#), [Psalm 34:18](#), [Psalm 147:3](#), [Psalm 73:26](#), [Isaiah 53:4-6](#), [Romans 8:28](#), [Philippians 4:13](#), [2 Corinthians 1:3-4](#).