



**Sermon Outline**  
**May 28, 2017**  
**Pastor Bryan Myers**

## **The Gift of Grief**

**Ecclesiastes 3:1-4**

\_\_\_\_\_ **changes or ends.**

**Grief is really a \_\_\_\_\_.**

*Tears are often a gift of God. Tears help to relieve the tension that has built up inside you. Tears say how deeply you feel and how much you care. Tears speak for you when you cannot find words. You never have to be ashamed of honest tears.*

**Feelings unexpressed don't go away. Instead they often go underground and can become damaging.**

**Grief after a loss is \_\_\_\_\_.**

**\* It's proof that you have feelings.**

**\* It's a signal that you've lost something important or valuable to you.**

**Grief is \_\_\_\_\_.**

**Proverbs 14:10a** - Each heart knows its own bitterness...

**Grief is a \_\_\_\_\_, not an event.**

*Healing and recovery is not a smooth progression as many people assume. It is full of ups and downs, progressions and regressions, dramatic leaps and depressing backslides.*

**1 Thessalonians 4:13** - Brothers and sisters, we do not want you to be uninformed about those who sleep in death, so that you do not grieve like the rest of mankind, who have no hope.

## **How to experience "good" grief:**

**G** \_\_\_\_\_ yourself permission to grieve.

**John 11:35** - Jesus wept.

**O** \_\_\_\_\_ your thoughts with God's promises.

**Psalms 34:18** - The Lord is close to the brokenhearted and saves those who are crushed in spirit.

**O** \_\_\_\_\_ yourself up to others.

**Galatians 6:2** - Carry each other's burdens, and in this way you will fulfill the law of Christ.

**D** \_\_\_\_\_ the emotions you're experiencing.

**G** \_\_\_\_\_ yourself against depression.

**R** \_\_\_\_\_ that time is required.

**I** \_\_\_\_\_ difficult times and places.

**E** \_\_\_\_\_ some ups and downs.

**F** \_\_\_\_\_ on the future and not on the past.

## **Grief is not something to**

\_\_\_\_\_.

Everyone must learn to interact with grief because – everything changes or ends.

**2 Corinthians 1:3,4** - Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles.