

Management for Grief

Part 1

Grief we can define it as we put down other names relating to it. Grief can be called sorrow, heartache, anguish, pain, misery, unhappiness or angst that can be caused by anguish, torment, anxiety, trouble, worries and fear.

Grief can be managed when its causes are defined and therefore treatment can be applied. The Scriptures are good resources for us to find out the causes and reasons for grief and how can be handled, treated and resolved. *Ephesians 4:30*, says, **“And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.”** So basically grief can come out from grief to the Holy Spirit and that can be happen due to sin, or due to others had sinned and when we stand with the Lord then that grief that that particular sin had raised up will infiltrate into our lives. Further we can tackle grief more as in these points:

1- Seeing events, seeing evil, and seeing calamities: **“51 What I see brings grief to my soul because of all the women of my city.”** (*Lamentations 3:51 NIV*) The prophets Jeremiah in the book of lamentation he described a status of grief that had come into his heart because what he had came across and saw brought grief to him. He either grieved due the sins that the people were doing or grieved due to the punishment of God that He inflicted on them. In KJV he said it in this way: **“51 Mine eye affecteth mine heart because of all the daughters of my city.”** (*Lamentations 3:51 KJV*) So what we can conclude here that if you allow your eyes to see terror, fight, murders, or any horror then grief will be imparted into your heart. Today, many people are watching movies and video clips in facebook, U tube or TV and that would contribute to the grief that they are in. You need to understand what you watch it can have a big contribution to the grief that may infect and affect your heart.

There are certain times you are forced to watch painful events or you are just facing it without prior knowledge as had happened to the prophet Jeremiah. In that case you are to accept that this is what God had called you to see and have grief. That grief will lead you to pray and to intercede for the situation that you are seeing. But if you are yourself is the one who planned to watch these events as entertainment and out of worldliness and curiosities or to satisfy the lust of the eyes then you are sinning and that sin brought you grief.

2- Much knowledge, much wisdom, or much study: **“For with much wisdom comes much sorrow; the more knowledge, the more grief.”** (*Ecclesiastes 1:18 NIV*) **“For in much wisdom is much grief: and he that increaseth knowledge increaseth sorrow.”** (*Ecclesiastes 1:18 KJV*) Now that does not mean that I am saying don’t study or have knowledge. But what I am saying is that when you study for a certain purpose and direction as you are led by God for a noble purpose, then the study or the knowledge that you are receiving it might be a burden to you and can cause grief but you need to bear it and accept it and adopt yourself to the situation; it will be a ministry and service to God’s purpose. While unnecessary studies that you are not led to do by the Holy Spirit you should not embrace and do.

3- Death of a partner: **“After a long time Judah’s wife, the daughter of Shua, died. When Judah had recovered from his grief, he went up to Timnah, to the men who were shearing his sheep, and his friend Hirah the Adullamite went with him.”** (*Genesis 38:12*) Here Judah passed through a period of grief after the death of his wife, but ultimately he recovered. Death in

general and death of the partner in specific will bring grief because it is a lost but you need to overcome and recover.

4- Rape: **“And the sons of Jacob came out of the field when they heard it: and the men were grieved, and they were very wroth, because he had wrought folly in Israel in lying with Jacob’s daughter; which thing ought not to be done.”** (*Genesis 34:7 KJV*) This is a recall to the event of rape that had happened to Dina the daughter of Jacob. All her brothers were grieved to what had happened. It is a loss for them; in her rape a property had been lost. Virginity should be kept till the wedding day and breach to that will bring grief. That is why the church would grief in facing such events. Rape is not only adultery but it is similar to murder.

5- Lack of children: **“Do not take your servant for a wicked woman; I have been praying here out of my great anguish and grief.”** (*1Samuel 1:16*) Hannah out of her grief and anguish she was praying to God because she had no children. Her husband used to tell her, **“Then said Elkanah her husband to her, Hannah, why weepest thou? and why eatest thou not? and why is thy heart grieved? am not I better to thee than ten sons?”** (*1Samuel 1:8 KJV*) Her husband was telling her comforting words and that what can be used to manage grief in such cases. Ultimately, prayer, trusting God and obeying whatever His will in man’s life will bring a good outcome.

6- Wrong marriages: **“34 When Esau was forty years old, he married Judith daughter of Beeri the Hittite, and also Basemath daughter of Elon the Hittite. 35 They were a source of grief to Isaac and Rebekah.”** (*Genesis 26:34-35*) Isaac and Rebekah were grieved because Esau married wrong women that are not ordained by God to marry. Even the same is happening to the church today. We need to guard the new disciples and educate them about the principles of godly marriages in order to avoid grief and losses in the future.

7- Anger against God and His will: **“And the LORD God prepared a gourd, and made it to come up over Jonah, that it might be a shadow over his head, to deliver him from his grief. So Jonah was exceeding glad of the gourd.”** (*Jonah 4:6 KJV*) Turning him from going to Tarshish, God forced Jonah to go to Nineveh to preach the word of God to them. Jonah was angry because God forced him to do what he does not like, as well as added to his anger, that God did not destroy the people of Nineveh but pardoned them after their repentance. His anger brought grief in his life. But God was still concerned about the mood of Jonah and wanted to comfort him from his grief. God allowed a gourd to grow to come up over Jonah to comfort him from his grief. God is concerned about your mood and grief and He will do certain things to comfort you and heal you, and you need to accept and appreciate that. God will not change His will for your life, so be appreciative of whatever comfort God is giving to you to help you to overcome your grief and sorrowful feelings.

8- Affliction and many troubles: **“14 But you, God, see the trouble of the afflicted; you consider their grief and take it in hand. The victims commit themselves to you; you are the helper of the fatherless.”** (*Psalms 10:14*) **“My eyes have grown dim with grief; my whole frame is but a shadow.”** (*Job 17:7*) **“Be merciful to me, LORD, for I am in distress; my eyes grow weak with sorrow, my soul and body with grief.”** (*Psalms 31:9*) **“my eyes are dim with grief. I call to you, LORD, every day; I spread out my hands to you.”** (*Psalms 88:9*) Grief would come when there are repeated troubles and problems. Prayers, crying to God, reading the word of God, counseling to comfort those who are in trouble, are all needed so they will have hope.

9- Serving the Lord: *“3 He is despised and rejected of men; a man of sorrows, and acquainted with grief: and we hid as it were our faces from him; he was despised, and we esteemed him not. 4 Surely he hath borne our griefs, and carried our sorrows: yet we did esteem him stricken, smitten of God, and afflicted. 10 Yet it pleased the LORD to bruise him; he hath put him to grief: when thou shalt make his soul an offering for sin, he shall see his seed, he shall prolong his days, and the pleasure of the LORD shall prosper in his hand.” (Isaiah 53:3-4,10 KJV)* Grief was linked with the ministry of Jesus. Serving with the Lord Jesus can impart and cause grief. People sin may impart grief to your life. Suffering for other people may impart grief into your life. So grief can be a normal course for those who are serving the Lord. In this case you need to bear and accept God’s will and continue to serve Him.

10- Following Jesus: Jesus told his disciples, *“20 Very truly I tell you, you will weep and mourn while the world rejoices. You will grieve, but your grief will turn to joy. 21 A woman giving birth to a child has pain because her time has come; but when her baby is born she forgets the anguish because of her joy that a child is born into the world. 22 So with you: Now is your time of grief, but I will see you again and you will rejoice, and no one will take away your joy.” (John 16:20-22)* Following Christ and serving Him and living in His will might bring or accompanied by sorrow for certain period in your life, therefore you need to persevere till you are delivered in God’s perfect time and will. Serving the Lord and following Jesus might be accompanied with grief but later on will turn to Joy.

11- Praying and Fasting: *“I went about mourning as though for my friend or brother. I bowed my head in grief as though weeping for my mother.” (Psalm 35:14)* David was afflicted with grief as he was praying and fasting for others. He was praying and fasting for people who prove later on that they do not deserve that and they were unfaithful. Even to this point God still wants us to be faithful in our service to Him. You need to understand in whatever service and ministry you do you are doing it for the Lord and not for people, and from Him you will receive the reward. Therefore, the grief that you are passing through should not lead you to give up.

12- Being uninformed with God’s Promises: *“13 Brothers, 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. 14 For we believe that Jesus died and rose again, and so we believe that God will bring with Jesus those who have fallen asleep in him. 15 According to the Lord’s word, we tell you that we who are still alive, who are left until the coming of the Lord, will certainly not precede those who have fallen asleep. 16 For the Lord himself will come down from heaven, with a loud command, with the voice of the archangel and with the trumpet call of God, and the dead in Christ will rise first. 17 After that, we who are still alive and are left will be caught up together with them in the clouds to meet the Lord in the air. And so we will be with the Lord forever. 18 Therefore encourage one another with these words.” (1Thessalonians 4:13-18)* We do not grieve like the rest of mankind, who have no hope, we have salvation from the Lord as we continue to endeavour to live our life according to His will, serving Him and doing our role till he come and take us, or fall asleep in Him, as we agree to pray.

My Prayer: Father God I come before you in the name of Jesus who died on the cross for my sins to give me eternal life. Lord I repent from the following sins _____ . Lord I commit my life and cause unto your hand, I will continue to serve you and do your will. Lord leads me to do what you had ordained for me to achieve. Take my grief and fill me with joy to continue to be effective in my service unto you, this is my prayer in Jesus name, Amen.

Jesus christ



The Bread Of Life

Vol. 16

Issue 40

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