

Thoughts on Grief

Last month we considered the difference between grief and mourning. We looked at how the people in the Bible expressed their pain outwardly. What opportunities have you found to let the inside come out?

Session 2 – Telling God How You Feel

Do you feel comfortable or hesitant with letting God know how you feel? Why? What might be holding you back?

Let's look at some Psalms to hear their freedom of expression:

Turn to me and be gracious to me, for I am lonely and afflicted. The troubles of my heart are enlarged; bring me out of my distresses. Consider my affliction and my trouble, and forgive all my sins. (Psalm 25:16-18 ESV)

What does the writer in Psalm 25 express and for what does he ask?

In Psalm 42 the writer goes back and forth between discouragement and hope.

My tears have been my food day and night, while they say to me all the day long, "Where is your God?"...By day the Lord commands his steadfast love, and at night his song is with me, a prayer to the God of my life...Why are you cast down, O my soul and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God. (Psalm 42:3, 8, & 11 ESV)

These are just a few verses from Psalm 42. To what do you relate?

Sometimes we may want to escape. Sometimes we may be angry.

My heart is in anguish within me; the terrors of death have fallen upon me. Fear and trembling come upon me, and horror overwhelms me. And I say, "Oh, that I had wings like a dove! I would fly away and be at rest; yes I would wander far away; I would lodge in the wilderness; I would hurry to find a shelter from the raging wind and tempest."...Evening and morning and at noon I utter my complaint and moan, and he hears my voice. (Psalm 55:4-8, 17)

Search the Psalms. Hear them speak boldly. Where is their confidence? Take some time to bring your own concerns to God.