

Thoughts on Grief

Session 3 – Mourning Takes Time and Energy

Mourning can be very exhausting. How have you been effected physically by grief?

Here's one of Job's comments.

My face is red with weeping, and on my eyelids is deep darkness. (Job 16:16 ESV)

This is from one of David's Psalms.

I am weary with my moaning; every night I flood my bed with tears; I drench my couch with my weeping. My eye wastes away because of grief; it grows weak because of all my foes. (Psalms 6:6-7 ESV)

What do you do when you feel weary or overwhelmed?

Part of going through the grief process is dealing with the physical side effects. What can you do to ease the weight? Who can help you?

Matthew recorded these words of Jesus.

Come to me, all who labor and are heavy laden, and I will give you rest. (Matthew 11:28)

It is okay to rest. God built into creation an entire day each week to rest on Him. It is a gift.