

Thoughts on Grief

Session 4 – God Cares

We've talked about letting God know how you feel, but perhaps you are wondering if He notices or cares.

In my distress I called upon the Lord; to my God I cried for help. From his temple he heard my voice. (Psalm 18:6 ESV)

How does knowing you're being heard, comfort you?

You have kept count of my tossings; put my tears in your bottle. Are they not in your book? (Psalms 56:8 ESV)

How does knowing God collects your tears affect your view of Him?

...Thus says the Lord, the God of David your father: I have heard your prayer; I have seen your tears. Behold, I will heal you... (2 Kings 20:5 ESV)

How do God's words bring you reassurance?

Now when Mary came to where Jesus was and saw him, she fell at his feet, saying to him, "Lord, if you had been here, my brother would not have died." When Jesus saw her weeping, and the Jews who had come with her also weeping, he was deeply moved in his spirit and greatly troubled. And he said, "Where have you laid him?" They said to him, "Lord, come and see." Jesus wept. So the Jews said, "See how he loved him!" (John 11:32-36 ESV)

How does Jesus respond?

God also promises a time when there will be no more tears or sorrow.

He will swallow up death forever; and the Lord God will wipe away tears from all faces, and the reproach of his people he will take away from all the earth, for the Lord has spoken. (Isaiah 25:8)

Then shall the young women rejoice in the dance, and the young men and the old shall be merry. I will turn their mourning into joy; I will comfort them, and give them gladness for sorrow. (Jeremiah 31:13)

He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away. (Revelations 21:4)

How have you been comforted despite mourning?

Blessed are those who mourn, for they shall be comforted. (Matthew 5:4)