



Grief –  
Getting  
through it.

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# Grief - Getting through it.

- Some Scriptures
- Personal Story
- How does Grief makes us feel?
- Bruised
- Wellbeing
- What particularly helped me

# Some Scripture

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John 11 v 30-36 The Raising of Lazarus

<sup>30</sup> Now Jesus had not yet entered the village, but was still at the place where Martha had met him. <sup>31</sup> When the Jews who had been with Mary in the house, comforting her, noticed how quickly she got up and went out, they followed her, supposing she was going to the tomb to mourn there.

<sup>32</sup> When Mary reached the place where Jesus was and saw him, she fell at his feet and said, “Lord, if you had been here, my brother would not have died.”

<sup>33</sup> When Jesus saw her weeping, and the Jews who had come along with her also weeping, he was deeply moved in spirit and troubled. <sup>34</sup> “Where have you laid him?” he asked.

“Come and see, Lord,” they replied.

<sup>35</sup> Jesus wept.

<sup>36</sup> Then the Jews said, “See how he loved him!”

# Some Scripture

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M a t t h e w 5 v 4

Blessed are those who mourn, for they will be comforted.

P s a l m 147 v 3

<sup>1</sup> Praise the LORD. How good it is to sing praises to our God, how pleasant and fitting to praise him!

<sup>2</sup> The LORD builds up Jerusalem; he gathers the exiles of Israel.

<sup>3</sup> He heals the broken hearted and binds up their wounds.

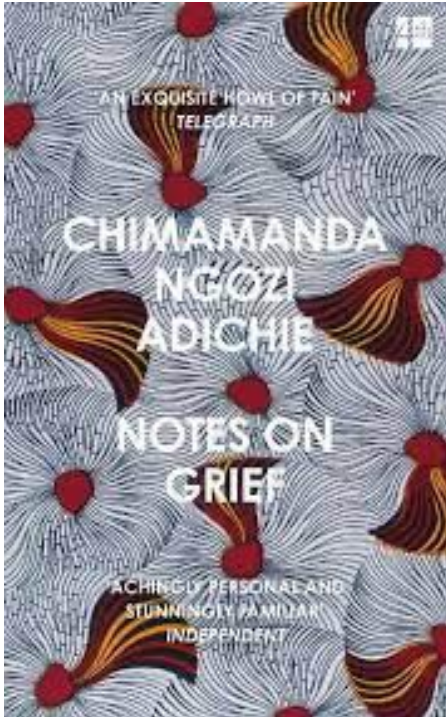
R e v e l a t i o n 21 v 3-4

<sup>3</sup> And I heard a loud voice from the throne saying, "Look! God's dwelling place is now among the people, and he will dwell with them. They will be his people, and God himself will be with them and be their God. <sup>4</sup> 'He will wipe every tear from their eyes. There will be no more death' or mourning or crying or pain, for the old order of things has passed away."

# Personal Story

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# Bruised

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Isaiah 42 v 1-3

“Here is my servant, whom I uphold,  
my chosen one in whom I delight;  
I will put my Spirit on him,  
and he will bring justice to the nations.

<sup>2</sup> He will not shout or cry out,  
or raise his voice in the streets.

<sup>3</sup> A bruised reed he will not break,  
and a smouldering wick he will not snuff out.

Romans 12v12

<sup>12</sup> Be joyful in hope, patient in affliction, faithful in prayer.

# Wellbeing

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# What helped me?

## (What could help you? or How can I help?)

- Standing with
- Proper conversations
- Acts of kindness
- The occasional hug (post COVID)

# Final thoughts

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