

## Grief and Lamenting-Participant Notes

Purpose: to guide those experiencing seasons of unanswered prayers or the pain of unfulfilled dreams, hopes and expectations, see how through the gift of lamenting can lead them to a fuller understanding of God's character and the hope and truth he offers through our suffering.

1. Grief-What is it?
  - a. Normal and natural emotional response to change of any kind. (GRM)
  - b. Conflicting feelings felt when a familiar pattern of behavior ends or changes. (GRM)
2. Why do we grieve?
  - a. Taught to acquire things
    - i. Not when things change
  - b. Live in "the now" and yearn for the "not yet". (Booker, GLS)
    - i. Is. 43:18-19
3. 6 Myths/Lies-Improper tools (GRM)
  - a. Don't feel bad
    - i. Don't cry-
    - ii. If I have faith, I should not feel bad.
  - b. Give it Time
    - i. "Time heals all wounds".
      1. Action/participation heals wounds
        - a. Ex. cut hand- bleeding out.
  - c. Replace the loss-Examples
    - i. "There's plenty of fish left in the sea."
    - ii. "You're young, you'll have another."
  - d. Grieve alone
    - i. God who sees/hears-
      1. Hagar/Ishmael
        - a. Gen. 16: 11, 13.
    - ii. Body of Christ
      1. Were not meant to bear burdens alone.
        - a. Check in on hurting friends
        - b. Be present with them
      2. Don't assume people want to be alone.
  - e. Keep busy
    - i. Distraction
    - ii. Avoids tending to the wound
  - f. Be strong
    - i. Reliance on self (sin)
      1. Not meant to bear burdens alone.
    - ii. Sometimes you will be the strong one for others.
    - iii. Sometimes you will need others to be strong for you.
      1. Be OK to ask for and receive help.

#### 4. What Do I Do?

- a. Allow yourself permission to grieve-there is a place for expression of grief and sorrow.
  - i. Expression of grief is biblical. Examples-
    - 1. Jesus grieved the death of Lazarus- John 11.
    - 2. Lamentations, Psalms
- b. Recognize the need for and the blessings given in the body of Christ
  - i. Moses and Aaron/Hur- Exodus 17:11-13
    - 1. Aaron/Hur-came alongside Moses “one on each side”.
- c. Biblical Lament
  - i. Definition of Lament
    - 1. Passionate expression of grief or sorrow (dictionary.com)
    - 2. Audible/visual expression of grief
- d. Purpose
  - i. Allows us to express outwardly our anguish before the Lord.
  - ii. Pathway to hope and healing in the Lord.
  - iii. Gives renewed vision.
- e. How?
  - i. Raquel Anacker- “to release sorrow before the Lord WITH HOPE, with the foundation of trust in His goodness.”
  - ii. Methods
    - 1. Wrestle with doubt, questions, sorrow with the Lord.
      - a. Authentic prayer
    - 2. Pray through the Psalms/Lamentations
      - a. Psalms (Ps. 22)
      - b. Lamentations
      - c. Old/New where there is lamenting and mourning.

#### 5. Exercise- Get it Out/Write it Out/Pray it Out

- a. When you have those times where the feelings of grief, conflicting, or not, are overwhelming you. And the thoughts are just circling inside your head, repeating itself.
  - i. Get it out/Write it Out
    - 1. Grab journal or a piece of paper, and a pen.
    - 2. Find a quiet area (private)
    - 3. Write down your thoughts. All of it.
      - a. Even if it sounds terrible.
      - b. Even if it doesn't make sense.
      - c. Doesn't have to sound eloquent or be grammatically correct.
      - d. Doesn't have to be in any particular order.
      - e. Point form/jot notes
      - f. Just get it out.
  - ii. Keep it real.
    - 1. Should contain both positive and negative statements.

- a. Bedevilment
    - b. Enshrinement
  - iii. Write it out
    - 1. For each negative statement can write
      - a. "Right now, I feel angry/sad/another emotion that \_\_\_\_\_".
        - i. Acknowledge the feeling/emotion behind each statement.
      - b. For each positive statement you can write
        - i. "I am thankful, for the time that \_\_\_\_\_."
  - iv. Pray it out-no particular order but encourage you to include the 4 components below.
    - 1. Ascribe-focus on the characteristics of God.
      - a. "Despite how I feel right now, I know you are good and steadfast".
      - b. "Despite how much my feelings change, I am so thankful that you, Lord, never change."
    - 2. Ask
      - a. Speak your statements and bring them before the Lord.
        - i. Examples: "Lord, right now I am struggling with \_\_\_\_\_."
        - ii. Lord, right now, I am angry/sad/confused/broken that \_\_\_\_\_."
        - iii. "Lord, I am thankful for when \_\_\_\_\_"
      - b. Ask for forgiveness if you feel the H/S revealing to you an area of sin.
      - c. Ask the Lord to help you forgive where he reveals to you where forgiveness is needed.
      - d. Reframe
        - i. Ask the Lord to open your eyes to see his work in your life.
        - ii. Ask for the H/S to reframe your grief
    - 3. Align
      - i. Pray that your heart would be inline with His.
        - 1. God may reveal to you areas of where there is sin and or idols have taken place.
          - a. This is necessary if we are seeking healing from our wounds.
    - 4. Arm
      - a. Ask the Lord to show you his truth in his word.
      - b. Guard your heart and mind and to direct them to things that honor him.
    - 5. Note: You may feel emotion during this or you may not.
      - a. Either is ok.

- b. Whatever you feel during this exercise, let it be. Don't stuff your feelings.
    - i. Speak through your tears
  - c. When you're done praying it out
    - i. Let it all out
    - ii. Glass of water, eat something, take a walk (decompress).
6. Continue to Renew and transform your mind.
- a. Cultivate a relationship with the Lord based on
    - i. Who He is and his character.
      - 1. It's not about me and who I think I am.
      - 2. Joyce Wolfe "discovering who God is reveals truth about who we are".
    - ii. Ground yourself in truth and foundation of the gospel.
    - iii. Trust that God is working in the other areas of your life and people in your life
      - 1. Ph. 1:6