

Biblical Insights for Grief ***(Wright, 2002)***

Grief is a God-given therapeutic response to loss

God grieves

- God grieves over evil in Noah's day (Gen. 6:6)
- Jesus grieves the death of Lazarus (John 11:35-38)
- The Holy Spirit grieves believers' sin (Eph. 4:30)

God responds to our grief

- Recording our tears (Ps 56:8)
- Sympathizing with our weakness (Heb. 4:15-16)
- Eventually ending our grief (Is. 65:19; Rev. 21:4)

Grief measures the meaning of our attachments

- Attachments to friends (John 11:36)
- Attachment to family (Gen. 50:1)

Grief potentially interrupts life's routines

- Leaving mourner with little appetite (2 Sam 12:17)
- Causing mourner to wish for death (2 Sam 18:33)
- Multiplying mourner's illness & death (1 Sam 4:18-22)

Grief potentially persists over an extended period of time

- For 7 days (Gen 50:10)
- For 30 days (Numb 20:29)
- For 70 days (Gen 50:3)

Grief is potentially expressed in a variety of ways

- Before a loss (Matt 26:37-38)
- By shock, numbness or denial (Mark 8:31-32)
- In anger (Job 10:9)
- Through bargaining (Isa 38:1-22)
- With depression (2 Sam 12:16-18)
- With acceptance (Phil 1:12, 21-24; 4:11-13)

Grief is potentially facilitated by various expressions

- Songs (2 Sam 1:17-27)
- Poetry (Lam 1:5)