

Grieving Our Losses: Learning to Lament Before God

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1. Premise – “in order to love others, we must hear the voice of the Father calling us His beloved sons and daughters.”
 - John 13:34 – “...as I have loved you...”
 - Matthew 22:39 – “...love your neighbor as yourself...”
2. Problem – the wounding people, institutions, events and experiences in our lives provide voices that speak so loudly to us that often we cannot hear the Father’s voice.
3. Grieving is a gift that God has given His children to help us heal from the wounds.
 - Quote: “Tears wash away the wounds of the soul.”
 - Quote: “Denial is our enemy; grief is our friend.” [John Eldredge]
 - The pain of un-grieved loss – though segmented into a place in our psyche – continues to seep the pus of the wound into our lives – the wounding voices continue to speak because it is impossible to forgive and let go if we have not first allowed ourselves to grieve.
 - “Weeping may endure for a night, but joy comes in the morning.” [Psalm 30:5]
4. The ancient Hebrews built grieving into the rhythm of their daily life.
 - Psalm 62:1-8
 - Psalm 13:1-6
 - Psalm 55:1-23
 - The Messiah is called “Man of sorrows, acquainted with grief...” [Isaiah 53:3]
 - Jesus in Luke 19:41, John 11:35; cf. Matthew 11:28
 - The prostitute in Luke 7:38
5. What keeps us from giving ourselves permission to grieve our losses?
 - Our theology sometimes doesn’t allow for “grief”. [Note “prosperity gospel”.]
 - People can sometimes be uncomfortable with grief. [Note “men” in our culture.]
 - Sometimes we are afraid that if we start grieving, we will never stop.
6. How do we grieve?
 - “Pour out your heart to Him...” – ILL: Dawn’s prayer
 - Telling our story in safe community
7. Results/consequences of grieving or not grieving
 - II Samuel 13:20 “So Tamar remained desolate in her brother Absalom’s house.”
 - Freedom, true passion and the ability to hear the Father’s voice, calling us His beloved!!