

A Better Life: Wonderful News for the Grieving

Matthew 5:4 (Wright's Translation) Wonderful news for the mourners! You're going to be comforted.

God is not absent in our pain—He meets us in it personally.

- 1. God celebrates the person who brings their pain to Him.**
(Hebrews 13:5)

Grief is not something we go around; it's something we go through.
(Psalm 30:5b NLT)

"The experience of loss does not have to be the defining moment in our lives. Instead the defining moment can be our response to the loss. It is not what happens to us that matters so much as what happens in us...It is therefore not true that we become less through loss—unless we allow the loss to make us less...Loss can also make us more...It depends on the choices we make." — Jerry Sittser, *A Grace Disguised: How a Soul Grows Through Loss*

- 2. Allow God into your grief to experience His comfort.** (John 11:1-44)

- Be honest. (John 11:32)
- Bring God your tears. (John 11:33-35)
- Hold on tight to God's promises. (John 11:25-26)

Share God's comfort with others. (2 Corinthians 1:3-4)

1 Thessalonians 4:13 NLT ...you will not grieve like people who have no hope.