

## Choose Joy Part 2: Processing Grief

*"**Sorrowful**, yet **always rejoicing**; poor, yet making many rich; having nothing, and yet possessing everything." 2 Corinthians 6:10 NIV*

*"The Spirit of the Lord GOD is upon Me, because the LORD has anointed Me to preach good tidings to the poor; He has sent Me to heal the brokenhearted, to proclaim liberty to the captives, And the opening of the prison to those who are bound; To proclaim the acceptable year of the LORD, and the day of vengeance of our God; To **comfort all who mourn**, to **console those who mourn** in Zion, to give them beauty for ashes, the **oil of joy for mourning**, the garment of praise for the **spirit of heaviness**; That they may be called trees of righteousness, the planting of the LORD, that He may be glorified. And they shall rebuild the old ruins, they shall raise up the former desolations, and they shall repair the ruined cities, the desolations of many generations." Isaiah 61:1-4 NKJV*

### 1. Shock.

*"Look at me and be stunned. Put your hand over your mouth in **shock**." Job 21:5 NLT*

### 2. Sorrow.

*"My heart is filled with **bitter sorrow** and **unending grief**" Romans 9:2 NLT*

### 3. Struggle.

*"We are in this **struggle** together. You have seen my **struggle** in the past, and you know that I am still in the midst of it." Philippians 1:30 NLT*

### 4. Surrender.

*"**Humble yourselves**, therefore, under God's mighty hand, that he may lift you up in due time." 1 Peter 5:6 NIV*

### 5. Sanctification.

*"God has chosen you from the beginning for **salvation through sanctification** by the Spirit and faith in the truth." 2 Thessalonians 2:13 NASB1995*

### 6. Service.

*"And we know that **God causes** all things to work together for **good** to those who love God, to those who are called **according to His purpose**." Romans 8:28 NASB1995*

*"But Joseph said to them, "Don't be afraid. Am I in the place of God? You intended to harm me, **but God** intended it for good to accomplish what is now being done, the saving of many lives." Genesis 50:19-20 NIV*

"A man named Lazarus was sick. He lived in Bethany with his sisters, Mary and Martha. This is the Mary who later poured the expensive perfume on the Lord's feet and wiped them with her hair. Her brother, Lazarus, was sick. So the two sisters sent a message to Jesus telling him, "Lord, your dear friend is very sick." But when Jesus heard about it he said, "Lazarus's sickness will not end in death. No, it happened for the glory of God so that the Son of God will receive glory from this." So although Jesus loved Martha, Mary, and Lazarus, he stayed where he was for the next two days. Finally, he said to his disciples, "Let's go back to Judea..." Then he said, "Our friend Lazarus has fallen asleep, but now I will go and wake him up." The disciples said, "Lord, if he is sleeping, he will soon get better!" They thought Jesus meant Lazarus was simply sleeping, but Jesus meant Lazarus had died. "So he told them plainly, "**Lazarus is dead**. And for your sakes, I'm glad I wasn't there, for now you will really believe. Come, let's go see him." John 11:1-7, 11-15 NLT

✓ **Define the pain.**

"When Jesus had called the Twelve together, he gave them power and authority to drive out all demons and to **cure diseases**, and he sent them out to proclaim the kingdom of God and to **heal the sick**." Luke 9:1-2 NIV

"Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off **every weight** that slows us down, **especially the sin** that so easily trips us up. And let us run with endurance the race God has set before us." Hebrews 12:1 NLT

✓ **Go through the process.**

"When Jesus arrived at Bethany, he was told that Lazarus had already been in his grave for four days. Bethany was only a few miles down the road from Jerusalem, and many of the people had come to console Martha and Mary in their loss. When Martha got word that Jesus was coming, **she went to meet him**. **But Mary stayed in the house**. Martha said to Jesus, "Lord, if only you had been here, my brother would not have died." John 11:16-21 NLT

"**Sorrow** is better than laughter, for sadness has a **refining** influence on us." Ecclesiastes 7:3 NLT

✓ **Live according to truth.**

"Martha said to Jesus, "Lord, if only you had been here, my brother would not have died. But even now I know that God will give you whatever you ask." Jesus told her, "Your brother will rise again." "Yes," Martha said, "he will rise when everyone else rises, at the last day." Jesus told her, "I am the resurrection and the life. Anyone who believes in me will live, even after dying. Everyone who lives in me and believes in me will never ever die. **Do you believe this, Martha?**" John 11:21-26 NLT

"And you will know the truth, and the **truth will make you free**." John 8:32 NASB1995

✓ **Get closer to God.**

"Then Jesus said, "**Come to me**, all of you who are weary and carry heavy burdens, and **I will give you rest**. Take my yoke upon you. **Let me teach you**, because I am humble and gentle at heart, and **you will find rest for your souls**. For my yoke is easy to bear, and the burden I give you is light." Matthew 11:28-30 NLT