

Principled Part 6: Grieving Well

*“Unrelenting **disappointment** leaves you **heartsick**, but a sudden good break can turn life around.”
Proverbs 13:12 MSG*

Grief: keen **mental suffering** or **distress** over affliction or loss; sharp **sorrow**; painful **regret**.

Mourning: to **feel** or **express** grief or great sorrow.

“When Jacob had finished this charge to his sons, he drew his feet into the bed, breathed his last, and joined his ancestors in death.” Genesis 49:33 NLT

“Joseph threw himself on his father and wept over him and kissed him. Then Joseph told the physicians who served him to embalm his father’s body; so Jacob was embalmed. The embalming process took the usual forty days. And the Egyptians mourned his death for seventy days. When the period of mourning was over, Joseph approached Pharaoh’s advisers and said, “Please do me this favor and speak to Pharaoh on my behalf. Tell him that my father made me swear an oath. He said to me, ‘Listen, I am about to die. Take my body back to the land of Canaan, and bury me in the tomb I prepared for myself.’ So please allow me to go and bury my father. After his burial, I will return without delay.”” Genesis 50:1-5 NLT

“When they arrived at the threshing floor of Atad, near the Jordan River, they held a very great and solemn memorial service, with a seven-day period of mourning for Joseph’s father. The local residents, the Canaanites, watched them mourning at the threshing floor of Atad. Then they renamed that place (which is near the Jordan) Abel-mizraim, for they said, “This is a place of deep mourning for these Egyptians.”” Genesis 50:10-11 NLT

✓ **Mourning requires time.**

*“The embalming process took the usual **forty days**. And the Egyptians mourned his death for **seventy days**. When the **period of mourning** was over...” Genesis 50:2 NLT*

*“There is an appointed time for everything. And there is a time for every event under heaven - A time to weep and a time to laugh; **A time to mourn** and a time to dance.” Ecclesiastes 3:1-4 NASB*

✓ **Mourning releases emotions.**

*“Joseph **threw himself** on his father and **wept over him** and **kissed him**.” Genesis 50:1 NLT*

“Jesus wept.” John 11:35 NIV

✓ **Mourning remembers moments.**

*"When they arrived at the threshing floor of Atad, near the Jordan River, they held a very great and solemn **memorial service**" Genesis 50:10 NLT*

✓ **Mourning replaces sorrow with hope.**

*"For surely there is a **hereafter**, And your **hope** will not be cut off." Proverbs 23:18 NKJV*

*"But we do not want you to be uninformed, brethren, about those who are asleep, so that you will not **grieve** as do the rest who have no hope. For if we believe that Jesus died and rose again, even so God will bring with Him those who have fallen asleep in Jesus." 1 Thessalonians 4:13-14 NASB*

*"The Spirit of the Lord GOD is upon me, Because the LORD has anointed me To bring good news to the **afflicted**; He has sent me to bind up the **brokenhearted**, To proclaim liberty to **captives** And freedom to **prisoners**; To proclaim the favorable year of the LORD... To comfort all who mourn, To grant those who mourn in Zion, Giving them a garland instead of ashes, The oil of gladness instead of mourning, The mantle of praise instead of a spirit of fainting. So they will be called oaks of righteousness, the planting of the LORD, that He may be glorified." Isaiah 61:1-3 NASB*

1. Share a warm embrace with a loved one.

2. Remember the beauty of life.

3. Enjoy laughter in healthy doses.

4. Invite the Lord's presence and perspective through worship.

*"But let me reveal to you a **wonderful secret**. We will not all die, but we will all be transformed! For our dying bodies must be transformed into bodies that will never die; our mortal bodies must be transformed into immortal bodies. Then, when our dying bodies have been transformed into bodies that will never die, this Scripture will be fulfilled: "Death is swallowed up in victory. O death, where is your victory? O death, where is your sting?" But thank God! He gives us **victory over sin and death** through our Lord Jesus Christ." 1 Corinthians 15:51,53-55,57 NLT*