

A Biblical Approach to Grieving

You have turned my mourning into joyful dancing. You have taken away my clothes of mourning and clothed me with joy...

[Psa 30:11 NLT]

Your Soul
is Hurting



God wants you to
dump your hurt
and pain all on
Him

- [Psa 62:8 NKJV] Trust in Him at all times, you people; **Pour out your heart before Him**; God is a refuge for us.
- [Psa 62:5 NKJV] My soul, wait silently for God alone, For my expectation is from Him.
- [Psa 62:1 NKJV] Truly my soul silently waits for God; From Him comes my salvation.
- [Psa 86:4 NKJV] **Rejoice the soul** of Your servant, **For to You, O Lord, I lift up my soul.**

Keep (Guard) your heart with all diligence,
For out of it spring the issues of life.

[Pro 4:23 NKJV] *emphasis mine*

But I fear that somehow your pure and undivided devotion to Christ will be corrupted, just as Eve was deceived by the cunning ways of the serpent.

[2Co 11:3 NLT]

“For as he thinks in his
heart, so is he...”

Prov 23:7a

Backward Grieving vs Forward Grieving

Backward Grieving looks like this...

*Numb ... in shock! ... depressed ... despair ... distressed ...
sorrowful ... heaviness ... drained & exhausted ... can't stop
crying ... sadness ... crushing loneliness ... guilt and regrets ...
hopelessness ... self-pity ... no purpose to life ... loss of the will
to live ... isolating ... angry... confused ... fear of the future ...
this isn't fair! ... mad at God ... mad at myself ... mad at them
for leaving me ... faith is shaken and shattered ... feel like
giving up ... feel abandoned ... feel like a lost sheep ... feel
totally vulnerable ... bitter and resentful ... hate getting up in
the morning ... full of denial ... God seems a million miles away
... why did this happen to me? ... why now? ... roof caved in on
me ... feel like I'll never get over this ... I'm overwhelmed ...
how can I go on ... nobody will ever replace them ... life sucks!*

Forward
Grieving looks
like this...

- *Father, thank You for the grace to see this Your way*
- *Lord, You never make any mistakes, and You never will*
- *God, You and all You do are only, always good*
- *Jesus, in taking them Home, Your own prayer answered*
- *They no longer have to deal with the cares of this life*
- *They're finally free of all pain and suffering*
- *Absent from the body of pain, present with You, Lord*
- *Now reaping the thrill of receiving all their rewards*
- *There in Heaven with all our loved ones who went before*
- *At rest from all their earthly labors and struggles*
- *Beholding continual unfolding glories of You, Jesus*
- *No more anxiety, depression, fears or worries, or losses*
- *Constantly experiencing Your joy and pleasures*
- *Free of sin, self, Satan and the world's perversions*

Forward
Grieving looks
like this...

- *Totally fulfilled the purpose of their life!*
- *Father and the Son delighting in their presence*
- *Protected from any harm the world could cause them*
- *Non-stop peace, contentment and freedom*
- *Now knowing as they were known with perfect wisdom*
- *Now radiantly filled with light and love*
- *Exploring God's vast universe at the speed of thought*
- *Excitedly awaiting my arrival to be together forever!*
- *Able to intercede for us Face to face with Jesus*
- *Enjoying the adventure of meeting the great saints of old*
- *Free of all sorrows, tears, crying, losses and death*
- *Conformed finally to the beautiful image of Christ*

4 Steps to Forward Grieving

To Get You from Overwhelmed by Your Loss To an Overcomer by Your Faith

Step One - Thought Capture

- Stop your automatic self-controlled thoughts and self-talk by picturing in your mind a large red-and-white STOP sign, and then say to "self" and to the Holy Spirit **out loud** something like this:
 - *"SELF... I order you to STOP! — Thank You, HOLY SPIRIT, for helping me hear Your voice right now, and Yours alone, and for causing me not to listen to the voice of that inferior, rebel self-side of me. In Jesus' precious name. Amen."*

Step Two — Thought Replacement

- Then tell the Holy Spirit you're releasing all those same negative and hurtful thoughts to Him. Tell Him this:
 - *“Lord, here!...take them ... I release all that I was just thinking into Your hands, and I let all these thoughts go completely. I can't handle this, but You can, so **here, I release all of these messed-up thoughts into Your hands! Praise God!**”*

Step Three — Thought Replacement

- Next, ask the Holy Spirit to give you His thoughts about the same things you were just thinking about:
 - *“Holy Spirit, I invite You to fill my mind right now with only **Your thoughts** about what I’m going through now ... Replace my thoughts with Yours. Thank You for the ‘grace to replace.’”*

Step 4 — Thought Reversal

- With His new thoughts now replacing self's intrusive negative thoughts, *praise Him into all you're going through now*. Remember: God is "enthroned upon the praises of His people" (*Ps. 22:3*). Tell Him this (even if you don't feel like doing it; do it anyway):
 - *"Holy Spirit, I offer all I'm going through now as a living sacrifice to praise and honor Your holy name. Show me how to use all of this mess, all of my pain, to let You increase as self decreases (John 3:30). Thank You, Lord, for taking full control of my soul to give me that victorious grief, and use all that I'm going through to bring You more glory."*