

HANDLING GRIEF

1. We can respond to death and grief in ways that are unhealthy and destructive. Grief is an emotional volatile event and process. It is very painful in many ways and always mixed with happiness and sadness. The Bible gives us direction and guidance because it is so honest and accurate about life in a fallen world.
2. **Speak with honest emotions.** God never calls you to pretend or put on a act. In fact the Bible welcomes you to do exactly the opposite.
3. The Psalms are there as an encouragement to bring honest grief questions and complaint to the Lord.
4. **Call out to God**-We see the psalmist say: "Turn your ear to me, come quickly to my rescue; be my rock of refuge, a strong fortress to save me" (Ps 31:2)
5. **Tell God about the trouble and pain.** Describe it. The psalmist tells God.
6. **Express trust in God**- the psalmist puts his trust in the Lord
7. **Praise God for his love and care.**

We see in the Psalms the psalmist does not do this just once...he is struggling and asking for help more than once (this is how we work through grief). He continues to call out, tell God about his troubles, expresses trust and worships and praises God.

Like the psalmist we need to repeat this process **(and repeat and repeat and repeat...)** You may call out, express trust, experience God's grace to respond righteously and then three minutes later find that you need to cry out again! You can know that God's grace will be there every time!

Keep on asking and let the Lord preserve you. God wants to help you.

Again...here are Psalms that are so helpful to meditate and journal on....
Psalm 13,22,38,42,55,59,61,73,88