



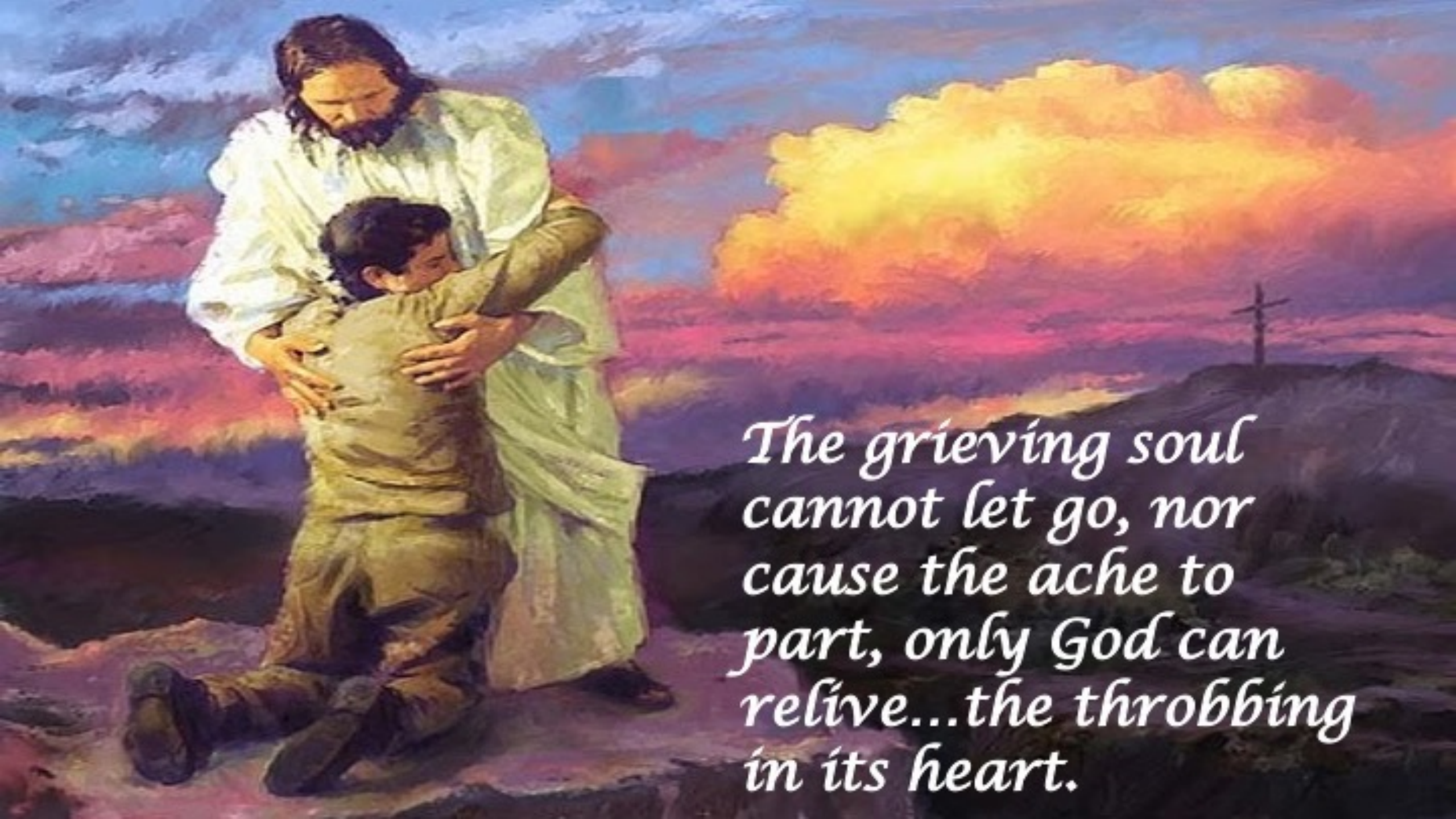
Sermon Series: Just a Closer Walk with Thee
Good Mourning
Matthew 5:4

Necessity of Grief/Mourning

- **Ecclesiastes 7:4** - The heart of the wise is in the house of mourning, but the heart of fools is in the house of mirth.
- **2 Corinthians 7:10** - For godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death.
- **Romans 14:8** - For if we live, we live to the Lord, and if we die, we die to the Lord. So then, whether we live or whether we die, we are the Lord's.

Not Holding on to Pain

- **Ephesians 4:31** - Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.
- **James 1:20** - for the anger of man does not produce the righteousness of God.
- **Proverbs 14:10** - The heart knows its own bitterness, and no stranger shares its joy.



*The grieving soul
cannot let go, nor
cause the ache to
part, only God can
relieve...the throbbing
in its heart.*

Christian Mourning/Grief vs Worldly Mourning/Grief

Christian Mourning/Grief	Worldly Mourning/Grief
1. Process	1. Process
2. Closer to Jesus and God	2. Distances From Jesus and God
3. Healing	3. Wounds Do Not Heal – Leaves Callouses and Scars to Remind You of the Pain and Wounds
4. Compassion For Others – Leading Them to Jesus	4. Apathy, Anger, Bitterness – Focus on Self and Not Others or Jesus

Blessed Are Those That Mourn

- **Matthew 5:4** - Blessed are those who mourn, for they shall be comforted.

The Peace of Jesus

- **John 14:27** - Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.
- **Philippians 4:7** - And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.
- **2nd Corinthians 1:3-4** - Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, ⁴ who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God.

How Do We Face Suffering?

- **Psalm 34:17-18** - When the righteous cry for help, the Lord hears and delivers them out of all their troubles.
¹⁸ The Lord is near to the brokenhearted and saves the crushed in spirit.

5 Stages of Grief

1. Denial

2. Anger

3. Bargaining

4. Depression

5. Acceptance

Worldly vs Biblical Response to Grief/Mourning

Secular/Worldly Response	Biblical Response
1. Denial/Isolation	1. Candor: Honesty with Myself
2. Anger/Resentment	2. Complaint: Honesty with God
3. Bargaining	3. Cry: Asking God for Help
4. Depression/Alienation	4. Comfort: Receiving God's Help
5. Acceptance	5. Obedience: God is in control

Jesus Understands and Comforts

- **Hebrews 4:15-16** - For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. ¹⁶ Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.
- **Hebrews 13:8** - Jesus Christ is the same yesterday and today and forever.

Victory in Jesus

- **Psalm 119:50** - This is my comfort in my affliction, that your promise gives me life.
- **John 16:33** - I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.”
- **Revelation 21:4** - He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away.”

*Through the valley
of grief, heartache,
and mourning
God Keeps
Reminding Me....
Joy will come in the
morning!*

