



# SURVIVING LOSS

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03/13/2021

# TODAY'S AGENDA

- ☐ Voicing Grief
- ☐ Modeling Grief
- ☐ Lunch
- ☐ Living with Grief
- ☐ Finding Hope in Grief

# TODAY'S GOALS

- Validate the pain
- Face the pain
- Hope despite pain

# GROUND RULES

- Honesty
- No pat answers
- No ranking
  - All pain hurts.
- Support each other.
- No pressure

# VOICING GRIEF

## Movies

<https://www.youtube.com/watch?v=w9jKy7rIMOw>



VOICING  
GRIEF

Fran

# INDONESIA



# INDONESIA

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# INDONESIA



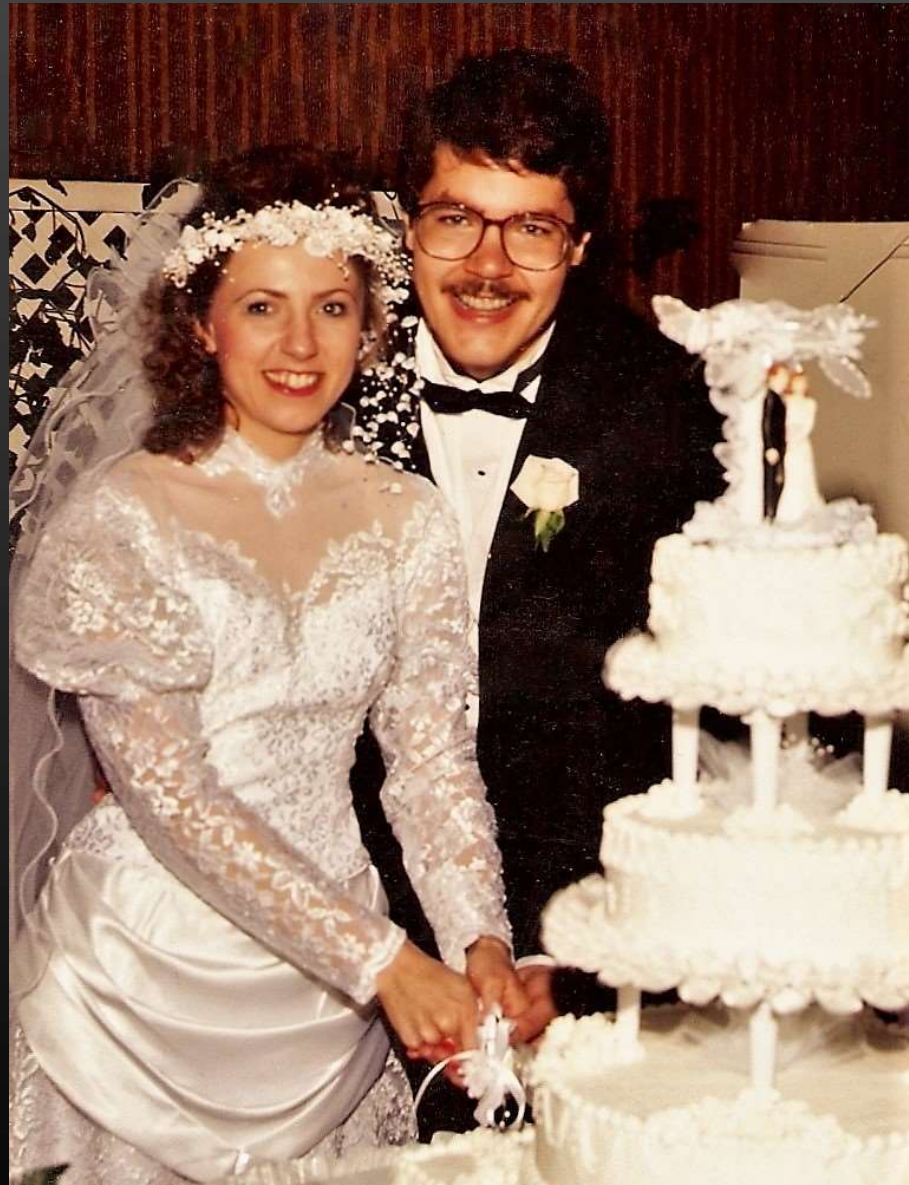
INDONESIA



INDONESIA



BRIAN &  
FRAN  
1989

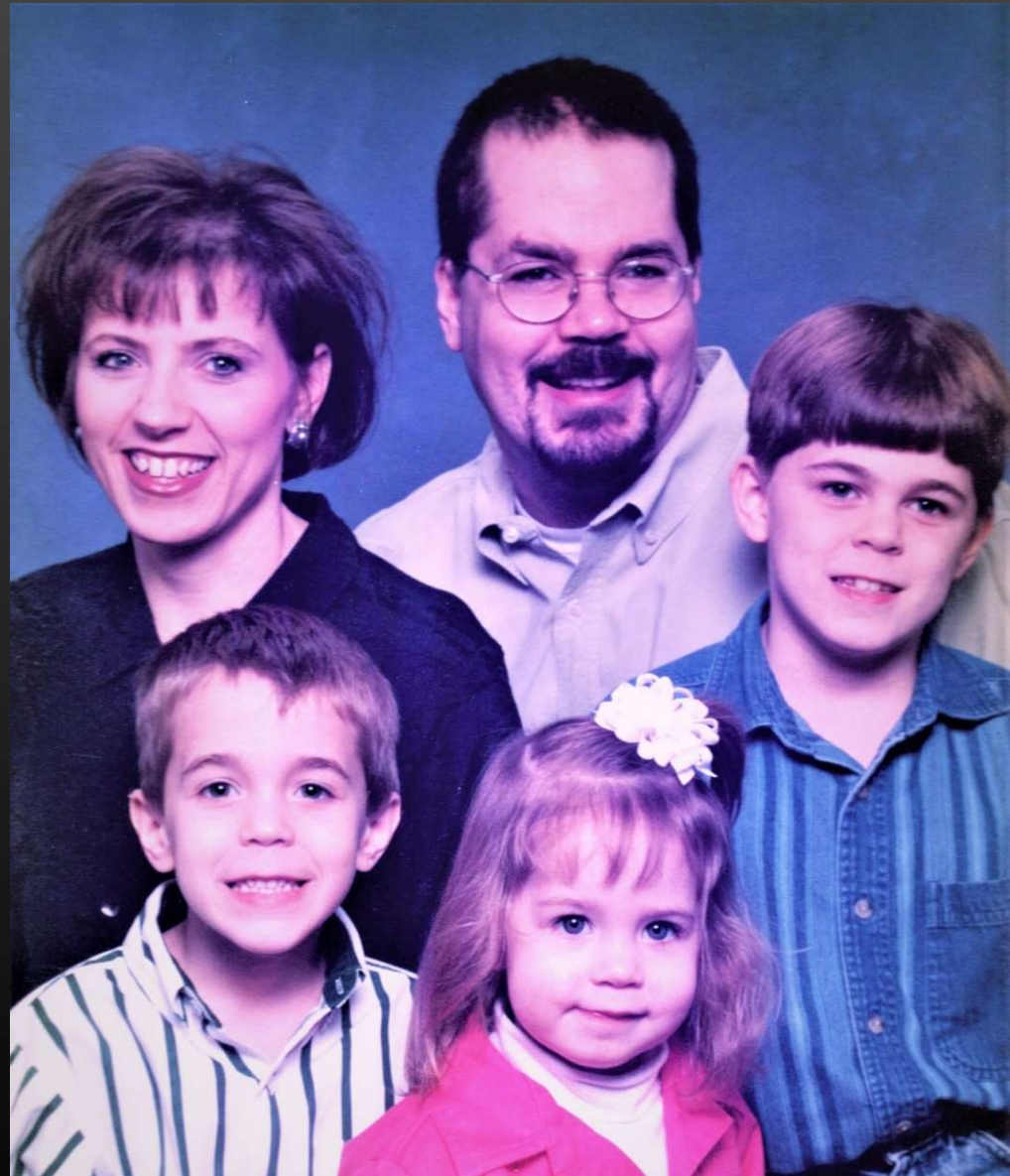




BRIAN &  
FRAN  
1989

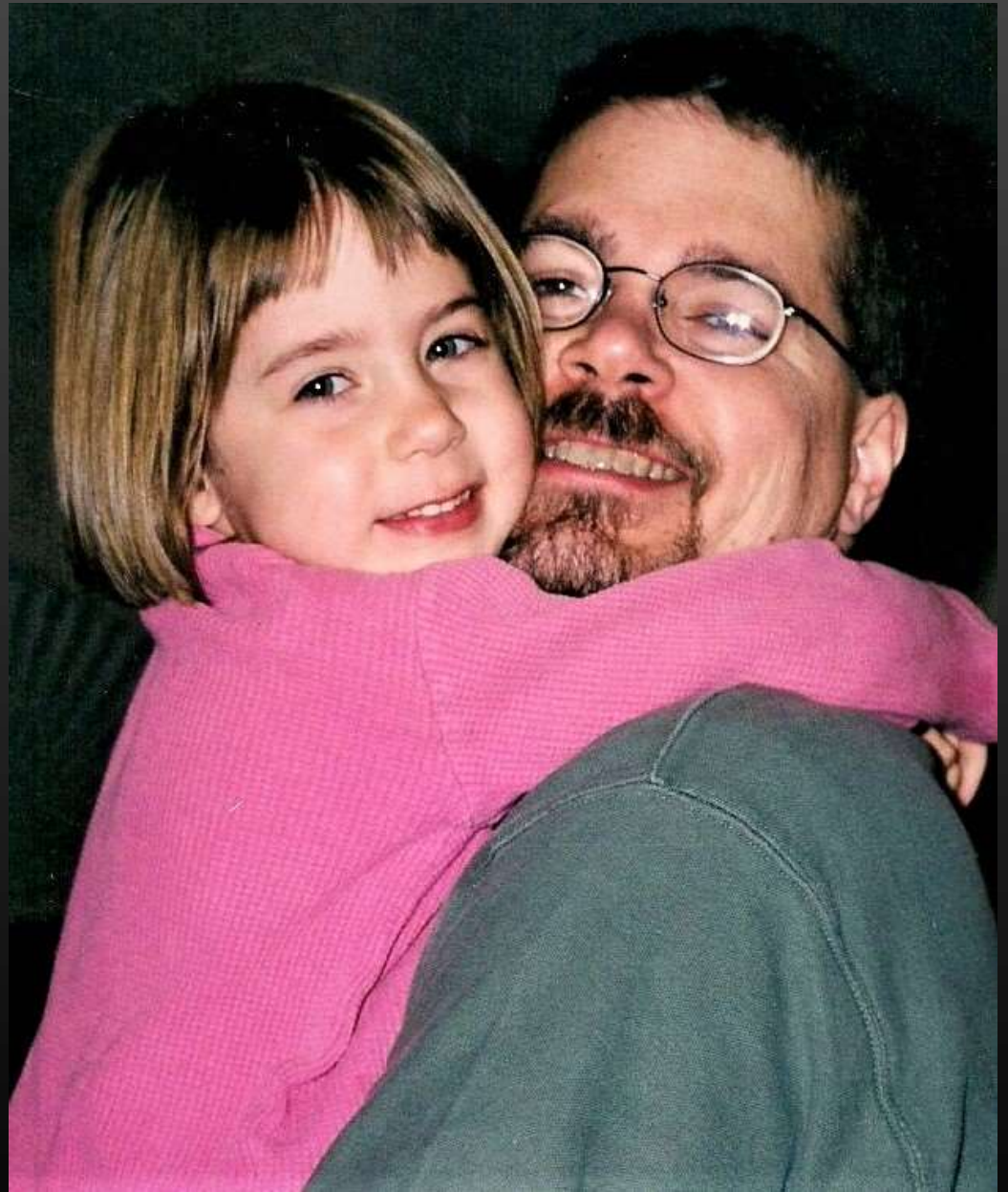


BRIAN &  
FRAN  
1999



BRIAN &  
FRAN  
1999

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BRIAN &  
FRAN  
1999





BRIAN &  
FRAN  
2007



BRIAN &  
FRAN  
2008





BRIAN &  
FRAN  
2008



VOICING  
GRIEF

Howard







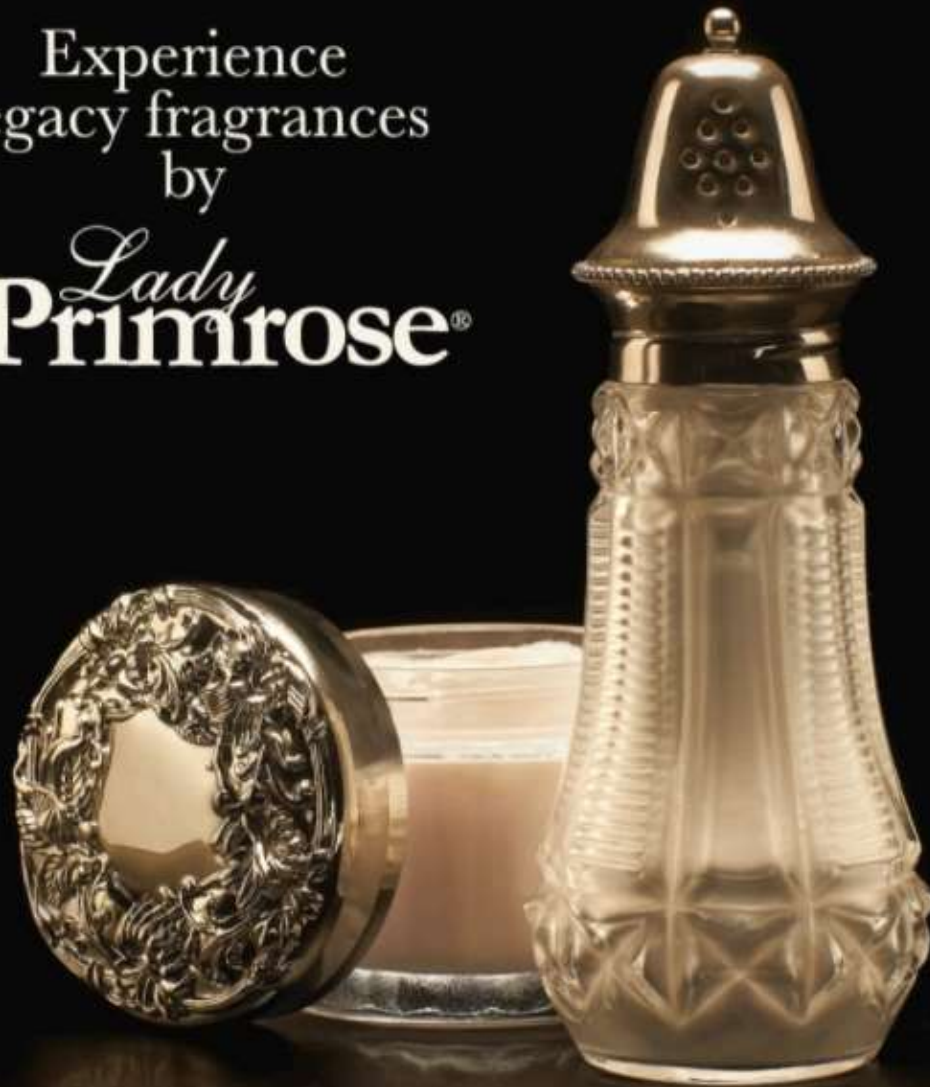




The scents of luxury.

Experience  
legacy fragrances  
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*Lady*  
**Primrose**<sup>®</sup>









# Dallas Theologic Seminary









# DEATH

- Unjust, premature
- Pointless, hopeless
- Shock, fog, chaos
- Loneliness
- Emptiness, brokenness
- Doubts, anger, regret
- Guilt, grief, pain
- Heartache, tears, weeping







K. HOWARD  
APR 17 1962

JOSLIN

J. ANN  
MAY 17 1957  
MAY 2 2008





# GRIEF

- Means
- Luccado







VOICING  
GRIEF

You

BREAK!

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# MODELING GRIEF

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# MODELING GRIEF

- Is God good?
- Is God trustworthy?
- Is life fair?



BRIAN &  
FRAN  
2007



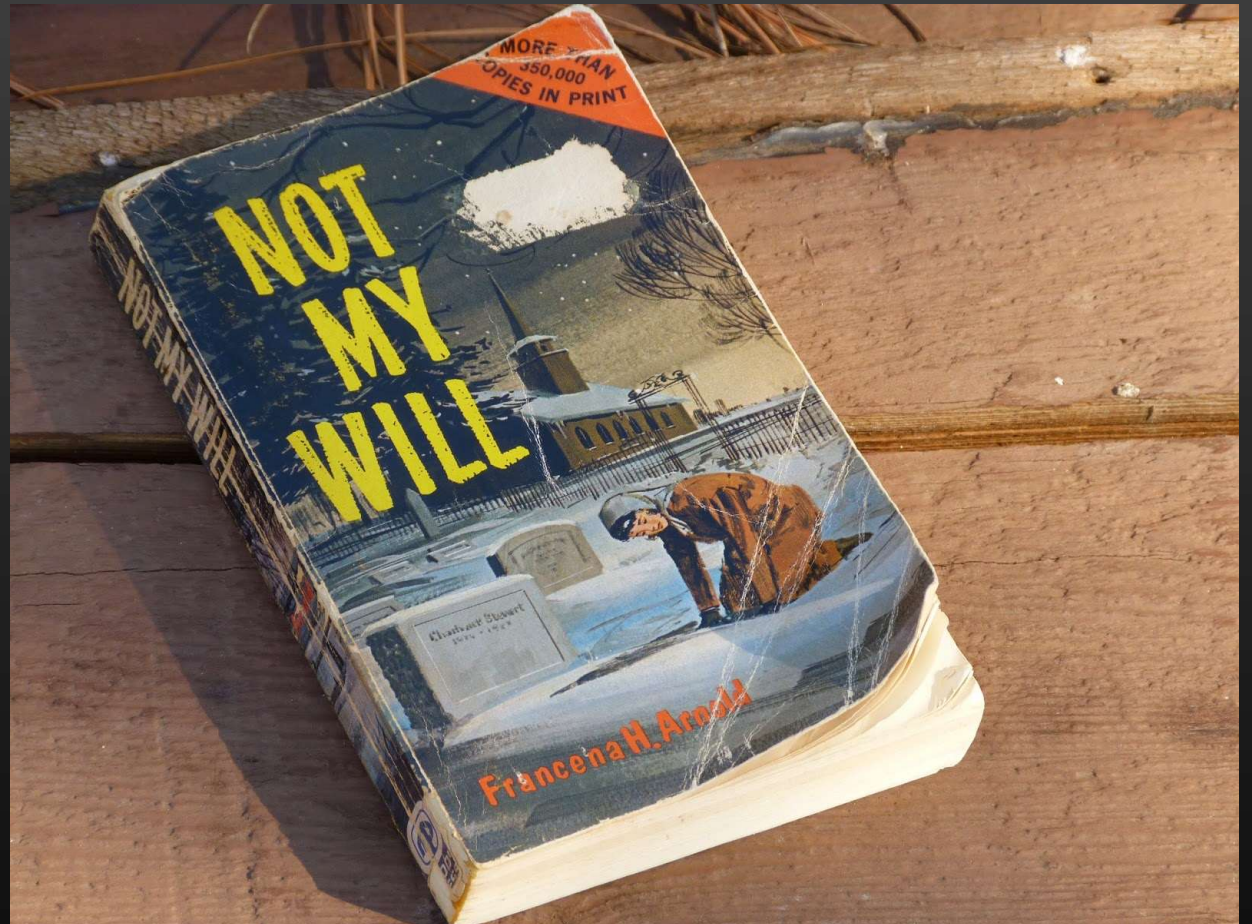


BRIAN &  
FRAN  
2008





# NOT MY WILL





IS GOD  
GOOD?

- My feelings
- My emotional battle

JESUS



LUKE  
22:41

He withdrew  
about a stone's throw  
beyond them,  
knelt down,  
and prayed,



LUKE  
22:42

Saying, "Father,  
if you are willing,  
remove this cup from me.

LUKE  
22:42

Nevertheless,  
not my will,  
but yours be done.”

LUKE  
22:43

And there appeared  
to him  
An angel from heaven,  
Strengthening him.



LUKE  
22:44

And being in an agony  
He prayed  
More earnestly.

LUKE  
22:44

And his sweat became like  
Great drops of blood  
Falling down to the ground.

HEB 5:7

...Jesus offered up prayers  
and supplications,  
With **loud cries** and **tears**



HEB 5:7

To the one who was able  
to save him from death,  
And he was heard  
Because of his reverence.

HEB 5:8

Although he was a son,  
He **learned obedience**  
Through what he suffered.

HEB 5:9

And being made perfect,  
he became the source  
of **eternal salvation**  
to all who obey him...



# JESUS' EMOTION

- ❑ Agony (Luke 22:44)
- ❑ Loud cries and tears (Heb. 5:7)

## JESUS' PLEA

- ☐ Father, **if** you are willing
- ☐ **Remove** this cup from me
- ☐ Yet **not my will**, but yours

GOD'S  
GIFT

☐ Angel - strengthening



# GOD'S ANSWER

- No: deliverance
- Yes: strength

# GREATER PURPOSE

## Eternal Salvation

- For whom?
- For all who obey him

GREATER  
PURPOSE

Did God take away  
Jesus' pain?

## WHAT JESUS DID

- ❑ Prayed honestly—agony
- ❑ Trusted God's character
- ❑ Received strength from angel



# WHAT JESUS DID

- ❑ Recognized greater purpose
- ❑ Submitted to the Father

WHAT WE  
SHOULD  
DO

T

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# WHAT WE SHOULD DO

- T**rust God's character
- R**ecognize greater purpose
- U**nderstand...doesn't take away pain

WHAT WE  
SHOULD  
DO

- S**upplicate—Pray honestly
- T**rust—he provides strength
- S**ubmit to God's plan



# WHAT WE SHOULD DO

- Trust
- Recognize
- Understand
- Supplicate
- Trust
- Submit

# MODELING GRIEF

- Is God Good?
- Is God trustworthy?
- Is life fair?
- Will you trust God with your life?

# STRENGTH

- What is it?
- Where is it from?
- What do we do with it?
- Is it a feeling?
- Is it a behavior?

# FEELINGS

- Are they valid?
- Are they sinful?
- Should we avoid them?
- Should we feel guilty?
- What to do with them?



LUNCH!

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# LIVING WITH GRIEF

Tips for survival

HOPE

☐ In God

1 TIM 5:5

She who is truly a widow,  
Left all alone,  
Has **set her hope** on God



1 TIM 5:6

And continues  
in supplications and  
prayers  
night and day  
But she who is self-  
indulgent  
is dead  
even while she lives

1 COR  
1:10

On him we have  
**set our hope**  
that he will deliver us.

# HOPE

---

- In God
- In the Resurrection
- In Scripture

# HOPE IN SCRIPTURE

## Psalms

- Book of songs
- Many emotions
- Read out loud.

# FIRST YEAR

- Goal: **survival**
- Give grace
- Allow bad days
- Embrace good days



# FIRST YEAR

- Take baby steps
- Journal your feelings
- Talk about your loss
- Set time limits

# SECOND YEAR

- Goal: **Progress**
- Make forward motion
- Make new memories
- Create fun
- Schedule grief

# SECOND YEAR

- Exercise.
- Develop Support System.
- Seek of the Lord.
- Reach out.

2 COR  
1:3-11

<sup>3</sup> Blessed be the God and  
Father  
of our Lord Jesus Christ,  
the Father of mercies  
and God of all **comfort**,

2 COR  
1:3-11

<sup>4</sup> who **comforts** us  
in all our **affliction**,  
so that  
we may be able to  
**comfort** those  
who are in any **affliction**



2 COR  
1:3-11

with the **comfort** with which  
we ourselves are  
**comforted** by God.

2 COR  
1:3-11

<sup>5</sup> For as we **share abundantly**  
in Christ's **sufferings**,  
so through Christ we **share abundantly**  
in **comfort** too.

2 COR  
1:3-11

6 If we are **afflicted**,  
it is for your **comfort** and  
salvation;  
and if we are **comforted**,  
it is for your **comfort**,

2 COR  
1:3-11

which you experience  
when you patiently **endure**  
the same **sufferings** that we  
**suffer.**

2 COR  
1:3-11

<sup>8</sup> For we do not want you to be unaware, brothers, of the **affliction** we experienced in Asia.

For we were so utterly **burdened beyond our strength** that we despaired of life itself.



2 COR  
1:3-11

<sup>9</sup> Indeed, we felt that we had received the sentence of death.

But **that was to make us rely** not on ourselves but **on God** who raises the dead.

2 COR  
1:3-11

- ❑ God is comfort.
- ❑ Purpose: comfort others
- ❑ Share abundantly
  - In Christ's suffering
  - In Christ's comfort

# SURVIVAL TIPS

## ☐ Top 10 Songs

### Top Ten: Grief Songs

Song	Artist	Lyric Samples
I Will Rise ▪ <i>My personal favorite</i>	Chris Tomlin	And I will rise when He calls my name. No more sorrow. No more pain. I will rise on eagles' wings. Before my God fall on my knees. And rise, I will rise.

# SURVIVAL TIPS

- ❑ Top 10 Songs
- ❑ Top 10 Books

## Top Ten: Grief Books

Book	Author	Quotes & Notes
<i>A Grace Disguised: How the Soul Grows Through Loss</i>	Jerry Sittser	<ul style="list-style-type: none"><li>▪ “Can anyone really expect to recover from such tragedy, considering the value of what was lost. We recover from broken limbs, not amputations.” [p. 73]</li><li>▪ Sittser’s wife, young daughter and mother were killed by a drunk driver. He and his three young boys survived.</li></ul>

# SURVIVAL TIPS

## Devotional Reading

1. God
2. Grief
3. Salvation
4. Suffering
5. Resurrection

## Grief

6. Swimming in Tears
7. Carrying Our Sorrows
8. Weeping at Death
9. Grieving with Hope
10. Wiping Our Tears

Psalm 6:2-7

Isaiah 53:1-5

John 11:33-40

1 Thessalonians 4:13-18

Revelation 21:1-7

BREAK

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HOPE IN  
GRIEF

John 11:1-57

1

Now a certain man **was sick**,

= Lazarus of Bethany,

= the village of Mary and her sister Martha.

LAZARUS  
DIES.

?

?

2

(Now it was Mary

- the one who anointed the Lord with ointment
  - and wiped his feet with her hair,
- whose brother Lazarus was sick.)

LAZARUS  
DIES.

?  
 ?

3

**So** the sisters **sent** to him,  
saying,  
“Lord, look!  
The **one** whom you **love**<sub>v1</sub> **is sick.**”

LAZARUS  
DIES.

- ?
- ?

4

But when Jesus heard *[this]*

he said,

(x) “This sickness does not lead to death,

(y) but to the glory of God,

so that the Son of God may be glorified  
through it.”

LAZARUS  
DIES.

?

?

5

(Now Jesus **loved**<sub>v2</sub> Martha and her sister and Lazarus.)

LAZARUS  
DIES.

?  
 ?



6

So when he heard

that [Lazarus] was sick,

he then remained two days in the place where he was.

7

Then after this he said to the disciples,

“Let us go to Judea again.”

LAZARUS  
DIES.

?

?

11

After **saying** these things,  
**he said** to them,

(x) “Our friend Lazarus **has fallen asleep**,

(y) **but I go**  
**that I might awaken** him.”

LAZARUS  
DIES.

?

?

12

**So** the disciples **said** to him,  
“Lord,  
**if he has fallen asleep,**  
**he will be made well.”**

LAZARUS  
DIES.

?

?

13

- (x) (Now Jesus had spoken of his death,  
(y) but they thought  
that he was speaking of natural sleep.)

LAZARUS  
DIES.

?  
 ?

14 **So** then Jesus **spoke to** them plainly,

“Lazarus **died**,

15 and for your sake **I am glad**

that I **was not** there,

so that you may **believe**.

But **let us go** to him.”

LAZARUS  
DIES.

?

?

17

**So** when Jesus **came**,  
he **found** that Lazarus had **already** been  
in the **tomb** four days.

JESUS  
IS THE  
RESURRECTION

?  
 ?



18 (Now Bethany **was** near Jerusalem,  
about two miles off,

19 and many of the Jews **had come** to Martha and Mary  
to **console** them concerning their brother.)

JESUS  
IS THE  
RESURRECTION

?  
 ?

So when Martha heard  
that Jesus was coming,

- (x) she went to meet him,
- (y) but Mary was sitting in the house.

JESUS  
IS THE  
RESURRECTION

?

?

21 So Martha said to Jesus,

“Lord,

if you had been here,

my brother would not have died.

22 Even now I know

that whatever you might ask from God,

God will give you.”

JESUS  
IS THE  
RESURRECTION

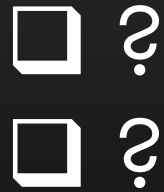
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?

23

Jesus **said** to her,  
“Your brother **will rise.**”

JESUS  
IS THE  
RESURRECTION



24

Martha **said** to him,

**“I know**

**that he will rise**

- **in the rising of the dead**
- **in the last day.”**

JESUS  
IS THE  
RESURRECTION

?

?

25a

Jesus **said** to her,

“**I AM**

- the **rising** of the **dead**
- **and** the **life**.

JESUS  
IS THE  
RESURRECTION

?

?



25b (a) The one who believes in me will live,  
even if he dies,

26a (b) and everyone  
▪ who lives  
▪ and believes in me  
(b) will absolutely not die to forever.

JESUS  
IS THE  
RESURRECTION

- ?
- ?

25b (a) The one who believes in me will live,  
even if he dies,

26a (b) and everyone  
▪ who lives  
▪ and believes in me  
(b) will absolutely not die to forever.

26b Do you believe this?" ←

JESUS  
IS THE  
RESURRECTION

- ?
- ?

27

She said to him,

“Yes, Lord;

I believe

that you are

- the Christ,
- the Son of God,
- the one coming into the world.”

JESUS  
IS THE  
RESURRECTION

?

?

28

After saying this,  
she **left**  
and **called** her sister **Mary**,  
saying **privately**,  
“The Teacher **is here**  
and **is calling** for you.”

JESUS  
WEEPS.

?  
 ?

29

Now **when** she **heard** that,

- (a) she **rose**<sub>v2</sub> quickly
- (b) **and** **went** to him.

JESUS  
WEEPS.

?  
 ?

30

- (x) (Now Jesus **had** not yet **come** into the village,  
(y) but **was** still in the **place**  
**where** Martha **had met** him.)

JESUS  
WEEPS.

?  
 ?



- 31a **So** the Jews
- who were with her in the house
  - and **consoling** her,
- when they **saw** that Mary
- **rose** quickly
  - and **went out**,

JESUS  
WEEPS.

?  
 ?

31b → they followed her,  
supposing that she was going to the tomb  
that she might weep there.

JESUS  
WEEPS.

?  
 ?

So when Mary came to where Jesus was  
and seeing him,  
she fell at his feet,  
saying to him,  
“Lord, if you had been here,  
my brother would not have died.”

JESUS  
WEEPS.



33

So when Jesus saw

- her weeping,
- and the Jews who came with her weeping,

(a) he was deeply moved in spirit

(b) and was himself troubled.

34a

(c) And he said,

“Where have you put him?”

JESUS  
WEEPS.

?

?

34b

They said to him,

“Lord,

come

and see.”

JESUS  
WEEPS.

?

?

JESUS  
WEEPS.

?  
 ?

36

(x) **So** the Jews **said**,  
“**See** how **he** loved him!”

37

(y) **But** some of them **said**,  
“**Was** not **he** able,  
he who opened the eyes of the blind man,  
to **do** [*something*]  
so that this man **also** might not have **died?**”

JESUS  
WEEPS.

?

?



38a

**So** Jesus,  
again **deeply moved** in **himself**,  
**came** to the **tomb**.

JESUS  
RAISES  
LAZARUS.

?  
 ?

38b Now **it was** a cave,  
and a **stone lay** against it.

39a Jesus **said**,  
“**Lift away** the **stone.**”

JESUS  
RAISES  
LAZARUS.

?  
 ?

39b

Martha,

the sister of the one who had **died**<sub>v2</sub>,

said to him,

“Lord,

there will be an odor already,

for it is the fourth day.”

JESUS  
RAISES  
LAZARUS.

?

?

40

Jesus **said** to her,  
“**Did I not tell** you  
that if you **believed**  
you would **see** the **glory** of **God?**”

JESUS  
RAISES  
LAZARUS.

?  
 ?

41

**So** they **lifted away** the **stone**.

And Jesus **lifted up** his eyes  
and **said**,

“Father,

I thank you

**that** you have **heard** me.

JESUS  
RAISES  
LAZARUS.

?

?

- (x) **I knew**  
that you always **hear** me,
- (y) but **I said** [*this*] because of the crowd standing around,  
so that they may **believe**  
that you **sent** me.”

JESUS  
RAISES  
LAZARUS.

?  
 ?

43

And after he said these things,  
he cried out with a loud voice,  
“Lazarus,  
come out.”

JESUS  
RAISES  
LAZARUS.

?  
 ?



44a The **one who had died came out**,

- his hands and **feet bound** with linen strips,
- **and** his face **wrapped** with a face cloth.

44b **Jesus** **said** to them,  
“**Unwrap** him,  
**and** **allow** him **to go.**”

JESUS  
RAISES  
LAZARUS.

?  
 ?

45

- (x) **So** many of the Jews,  
▪ who had **come** with Mary  
▪ and had watched **what he had done**,  
(x) **believed** in him,

46

- (y) but **some** of them **left** for the Pharisees  
(z) and **told** them **what Jesus had done**.

MANY  
BELIEVED.

- ?
- ?

25b (a) The one who **believes** in me **will live**,  
even if he **dies**,

26a (b) and everyone  
▪ who **lives**  
▪ and **believes** in me  
(b) **will** absolutely **not die** to forever.

26b **Do you believe this?** ←


DO YOU  
BELIEVE?

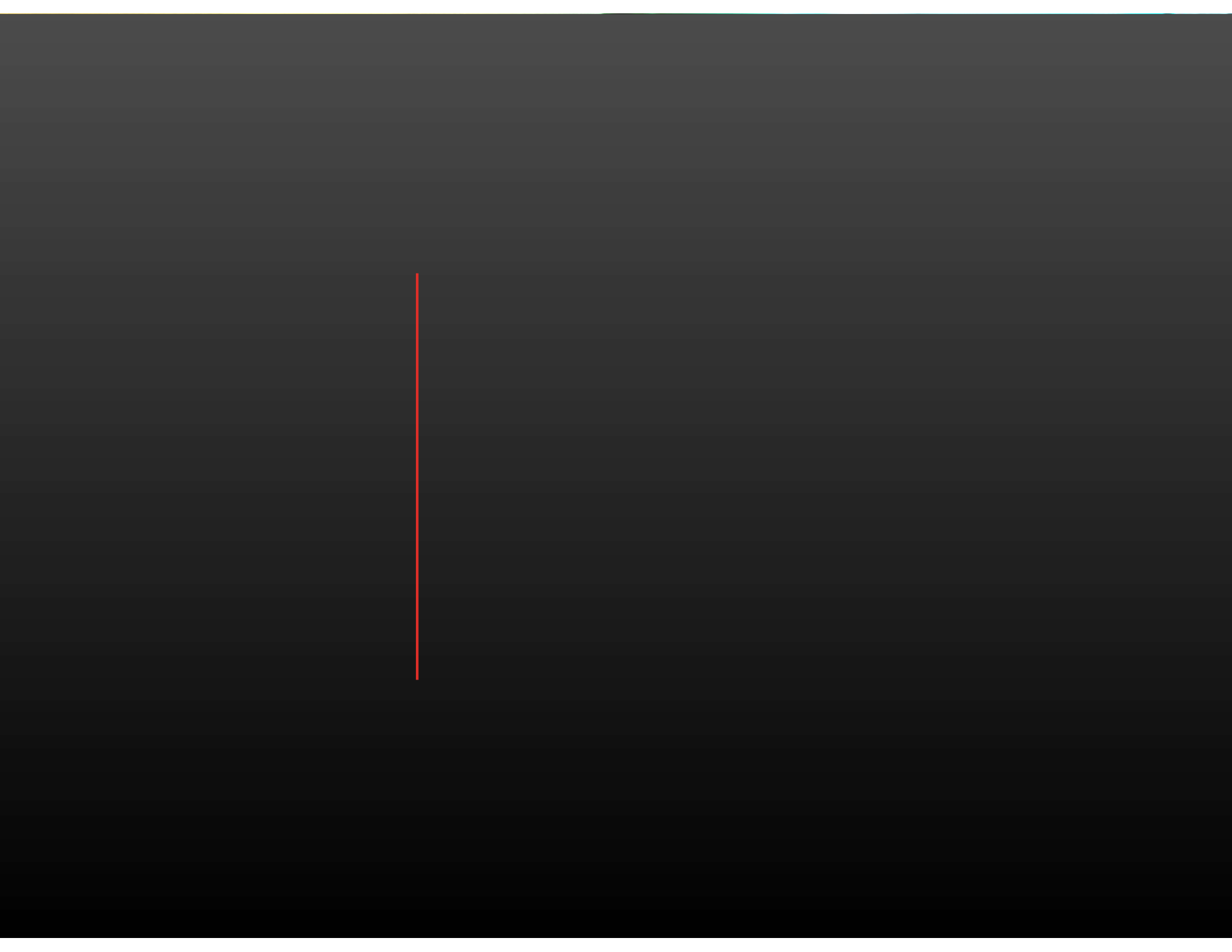
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Q & A

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PRAY  
FOR EACH  
OTHER





SAMPLE





SAMPLE



Vertical red line