



Series: Emotionally Healthy Discipleship

Sermon: Part 5: Discovering The Treasures Buried In Grief and Loss

Date: Sunday, November 16th, 2025

Different Losses In Life:

1. Loss of our youthfulness
2. Loss of our dreams
3. Loss when we go through a transition in life
4. Catastrophic losses
5. Other losses

Grief: the painful emotion of sadness that is caused by the loss or impending loss of anyone or anything that has deep meaning to you

Common Defenses We Can Use To Protect Ourselves From Grief:

- | | |
|---|--------------------------|
| 1. We deny | 6. We rationalize |
| 2. We minimize the loss | 7. We intellectualize |
| 3. We blame others or God for what happened | 8. We distract ourselves |
| 4. We over-spiritualize | 9. We become hostile |
| 5. We blame ourselves | 10. We medicate |

Stages of Grief We See In Scripture:

1. Paying attention to pain and _____ the pain of our losses

_____ : the outward, relational, and often dramatic manifestation of that grief. Involves openly expressing our painful emotions such as our anger, sadness, doubt, and sorrow to God.

“My tears have been my food day and night, while people say to me all day long, ‘Where is your God?’” (Psalm 42:3)

“You are God my stronghold. Why have You rejected me? Why must I go about mourning, oppressed by the enemy?” (Psalm 43:2)

Scripture referenced in sermon message: 2 Samuel 1:19, 23, 24, 26

When we ignore our pain and grief or we don’t have avenues to express how we are feeling as we bury everything, our emotions get buried alive and they eventually surface again in other symptoms such as depression, anxiety, irritability, emptiness, and loneliness.



Questions We Can Ask Ourselves As We Pay Attention To and Feel Our Feelings:

- a. *What are you angry about?*
- b. *What are you sad about?*
- c. *What are you anxious about?*
- d. *What are you glad about?*

2. _____ in the confusing in between

Throughout Scripture, God teaches His people to wait and trust in Him, especially when things don't make sense or when we are facing obstacles.

3. Allowing something _____ to be born

5 Resurrection Treasures Found In Our Grief and Loss:

- a. God offers us revelation of Himself
- b. God makes us softer and more compassionate
- c. God gives us a great revelation of ourselves
- d. God makes us more of our true self in Christ
- e. God makes us more truly alive to our astonishing world

"Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God." 2 Corinthians 1:3-4

Bottom Line: *Whenever we face grief and loss, we can go to God about it because He will meet us exactly where we need to be met.*

Questions to reflect on this week or with others:

1. *Growing up, how did your family/guardians/etc handle any sort of loss? How does that affect how you do or do not handle loss today?*
2. *What prevents you from paying attention to pain and even feeling the pain of losses in your life?*
3. *What is a loss in your life where you can take the next step to begin paying attention to the pain as you wait in the confusing in between and allow God to birth something new?*

Songs used in service: Death Was Arrested (North Point), Alabaré Al Señor, This I Believe [The Creed] (Hillsong), Hymn of Heaven (Phil Wickham), Run To The Father (Cody Carnes)

Any prayer requests?

-----Tear Here -----

Name _____ **Date:** _____ **Email:** _____

What can we be praying for you about?