

Good mourning

Matthew 5:4
Blessed are they that mourn:
for they shall be comforted.

It is good to mourn

mourning is how we deal with the feelings of
grief that we all feel in times of loss

mourning is the process of healing the soul

When we experience a loss,
we are forced to accept that our perception
of what we consider our “normal life” is
no longer “life as normal”.

5 stages of grief

Denial

can't believe what's happened,
don't want to accept what's happened

Anger

angry at God, angry at the one who left,
angry at others for no apparent reason

Bargaining

You desire anything to make the pain go away. You try to fix it with the “what ifs”

The “what ifs” shut out the “what was”
and the “what is”.

You need the support of the “what is”
to help you get through the next stage

Depression

no desire to move on, not able or not willing
to experience joy and life again

Acceptance

when we stop trying to get our old
normal back, and begin living
a new meaningful life

Romans 12:15 (NKJV)
15 Rejoice with those who rejoice,
and weep with those who weep.

John 11:33-35 (NKJV)

33 Therefore, when **Jesus saw her (Mary, Lazarus' sister) weeping, and the Jews who came with her weeping, He groaned in the spirit and was troubled.**

34 And He said, "Where have you laid him?"

They said to Him, "Lord, come and see."

35 **Jesus wept.**

Job 5:6-11 (NKJV)

6 For affliction does not come from the dust,
Nor does trouble spring from the ground;

7 Yet man is born to trouble, As the sparks fly
upward.

8 “But as for me, I would seek God, And to God I
would commit my cause—

9 Who does great things, and unsearchable,
Marvelous things without number.

10 He gives rain on the earth, And sends waters
on the fields.

11 He sets on high those who are lowly, And
those who mourn are lifted to safety.

2 Samuel 12:20-24 (NKJV)

20 **So David arose** from the ground, washed and anointed himself, and changed his clothes; and he went into the house of the Lord and worshiped. Then he went to his own house; and when he requested, they set food before him, and he ate.

21 Then his servants said to him, “What is this that you have done? You fasted and wept for the child while he was alive, but when the child died, you arose and ate food.”

22 And he said, “While the child was alive, I fasted and wept; for I said, ‘Who can tell whether the Lord will be gracious to me, that the child may live?’

23 But now he is dead; why should I fast?
Can I bring him back again? I shall go to him,
but he shall not return to me.”

24 Then **David comforted Bathsheba his wife,**