



Grief



&

Grace

Grief & Grace

The funeral is over. The flowers have all been dispersed. Family and friends have gone their separate ways. The phone has stopped ringing. The cards have stopped coming.

Now you feel all alone, and then comes the grief, but also the grace. God did not promise to keep us from grief, but He promised, "...my grace is sufficient for thee..." 2 Corinthians 12:9.

You've lost a loved one. It might have been a child, a spouse, or a dear friend. To grieve is normal and to have sorrow is normal. To have hope in your grief and sorrow is a blessing from the Lord.

"But I would not have you to be ignorant, brethren, concerning them which are asleep, that ye sorrow not, even as others which have no hope." 1 Thessalonians 4:13

The Bible doesn't say we are not to have sorrow. It just says we're not to have sorrow the way people sorrow that have no hope. Christians have hope and faith in Jesus Christ. They know they're going to see their loved ones again. They have the hope of God's promise that when He comes, He will bring their loved ones with Him. They have an anchor for the soul, the Holy Spirit, living in them and giving them hope.

So many Christians say, "It's easy for you to say that, but my situation is different from yours." You are right! But the Lord is the same in every circumstance. The

promises of God work in every situation. His grace is sufficient for every need. Grace is unmerited, undeserved favor. Grace is that which God does for us that we cannot do for ourselves, that we don't deserve, and that we will never be able to pay back. Say to the Lord, "Lord, I can't get through this situation on my own. You're going to have to do it for me."

You can't stop the grief that comes. Don't try. Don't run away from it! Don't be ashamed of it! Shed the tears! Think of your loved ones! Read the sympathy cards! Keep their mementos in sight!

People react differently after losing a loved one. Some will bring out every picture they can find, while others will immediately store, or even destroy pictures and mementos, give away clothes, sell the car, or change homes. It's almost as though they believe removing any reminders will make it easier to get over the pain. Others will find comfort in having those things close by.

Write down all the happenings of the past year that involved your loved one. Let God show you that in His foreknowledge, He knew what would happen and He prepared you for it. There will be precious memories of the times you spent together. Losing your loved one did not take Him unawares.

Keep a record of God's comfort to you, so that you may use it to help others. Do not shut yourself up in your sorrow. Turn selfishness into compassion toward others. Your experience will help others. Fruit will come!

You may be a blessing to others through songs, tracts, testimony, or just being there for someone going through a tragedy. Sometimes we don't have to say a word. Just take the suffering one's hand, and be silent with your sympathy in love. This can be a great comfort to others.

As you think of your loved one who has gone on, do you wonder where he or she might be at that moment? What is he or she doing? God's Word tells us if our loved one has accepted Christ as Savior, they are children of God. "But as many as received him, to them gave he power to become the sons of God, even to them that believe on his name." John 1:12

Then if children of God, "We are confident, I say, and willing rather to be absent from the body, and to be present with the Lord." 2 Corinthians 5:8

"For I am in a strait betwixt two, having a desire to depart, and to be with Christ; which is far better..." Philippians 1:23

"For to me to live is Christ, and to die is gain." Philippians 1:21

It's difficult to lose a loved one. But we never know what suffering, disaster, or grief God has taken them from.

"The righteous perisheth, and no man layeth it to heart: and merciful men are taken away, none considering that the righteous is taken away from the evil to come." Isaiah 57:1

“Precious in the sight of the LORD is the death of his saints.” Psalms 116:15

In our dark hours of sorrow, remember that many thousands have gone through the same grief. God will always keep the amount of sorrow in His own hands. He will not give more than we can bear. In sorrow, the Comforter is near. He is a “present help” in times of heartache.

“God is our refuge and strength, a very present help in trouble.” Psalm 46:1

You may say, “Why didn’t God stop this from happening to me? I am serving God and living right. Why me?”

It’s okay to ask why! If you are a child of God, ask your Father. But remember where sin, pain, and sorrow come from, Genesis 3:14, “...thou art cursed...” After asking “why”, ask “what”. “What am I to learn from this situation I am in right now?”

God has but one objective in your life and mine—that Christ should be glorified in us. His goal is that we should be conformed to the image of Jesus Christ. Only He knows the trials we must go through to be conformed to His image. “...Shall the clay say to him that fashioneth it, What makest thou?...” Isaiah 45:9

How do we get the victory over our grief and sorrow so that Christ can be glorified in us? God will not stop pain

and suffering in this world because Adam and Eve made a choice to sin in the Garden of Eden. But He provided a way out. The way of salvation through grace and faith in Jesus Christ.

God's Plan of Salvation

-You need to be saved-

“For all have sinned, and come short of the glory of God.”

Romans 3:23

“Except a man be born again, he cannot see the kingdom of God.” John 3:3

-You cannot save yourself-

“By the works of the law shall no flesh be justified.”

Galatians 2:16

“Jesus saith unto him, I am the way, the truth, and the life no man cometh unto the Father, but by me.” John 14:6

-Jesus provided salvation-

“But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us.” Romans 5:8

“For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.” John 3:16

-By faith accept Him today-

“Believe on the Lord Jesus Christ, and thou shalt be saved, and thy house.” Acts 16:31

“But as many as received him, to them gave he power to become the sons of God, even to them that believe on his name:” John 1:12

“That if thou shalt confess with thy mouth the Lord Jesus,

and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved.” Romans 10:9

-Salvation is eternal-

“And I give unto them eternal life; and they shall never perish, neither shall any man pluck them out of my hand.” John 10:28

“For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord.” Romans 6:23

If you have never trusted Christ as your Savior, please call out to Him in prayer today!

“For whosoever shall call upon the name of the Lord shall be saved.” Romans 10:13

“For by grace are ye saved through faith; and that not of yourselves: it is the gift of God: Not of works, lest any man should boast.” Ephesians 2:8,9

No plea for mercy goes ignored by Him whose mercies are new every morning.

How do we find this victory as a child of God?

1. Victory comes when Christ is all to us. He becomes our all through the Word of God.

The Bible is a Christian’s most prized possession on this earth. The Bible gives us the instructions and encouragement we need for every situation. From the Bible come the promises that must be claimed for victory in Jesus. No matter what comes our way, in this world of pain and sorrow, let us claim God’s Word. It will never fail!

“Heaven and earth shall pass away, but my words shall not pass away.” Matthew 24:35

Consistently keep the Word of God flowing into your mind. It cleanses, gives life, gives comfort and the way to know Him. If you don't have a lot of reading time, get Bible CDs or an audio Bible that you can play on your device or car radio. Play them constantly. Play them in the car, in the kitchen or wherever you spend a lot of time.

2. Have a consistent prayer life. Prayer changes things. It changes people. It refreshes the spirit. It brings a calmness to the soul. Encourage others to pray.

3. Remember that Christ is our strength. “I can do all things through Christ, which strengtheneth me.” Philippians 4:13. Avoid self-pity. Trust God and get going. The sun still comes up in the morning.

There was a lady who lost her daughter and became a recluse afterward. She was a very active person before her daughter's death, but now she has no life. She spends hours at the doctor's office. She has pushed away all her friends and lives a very lonely life.

Another lady lost a daughter. She sang at her daughter's funeral. She is active in church work. She and her husband serve God constantly, and are a great encouragement to others.

What is the difference in the two ladies? The first blames God for her circumstances. The second knows Christ as a friend. What a friend He is! Read the words to

the song, "What a Friend We Have in Jesus." He wants you to know him and love Him. He will give you the love and comfort you need for your grief. Let Him be your best friend.

4.Be aware of His presence. "...I will never leave thee, nor forsake thee." Hebrews 13:5

Know for certain there is no lonely road, no darkened house, no hospital waiting room, no place at all that He is not there to comfort.

Sometimes our grief brings on guilt - guilt stemming from something we did or said to our loved one and it truly was our fault. Guilt is real. It must be dealt with biblically. If we committed a sin - confess it. If we feel unforgiven, then we have failed to heed the Scripture and do our part. Forgiveness is conditional.

"If we confess our sins, he is faithful, and just to forgive us our sins, and to cleanse us from all unrighteousness."

1 John 1:9

"...the blood of Jesus Christ his Son cleanseth us from all sin." 1 John 1:7b

If guilt is not resolved, it will keep you from experiencing the christian life at its best. Dealing with it will make you a more confident and effective follower of Christ. Claim the power of the Blood to cleanse from sin. When those guilt feelings come back, claim the promise of 1 John 1:9. If you have confessed to Him, there is no need of going on carrying a heavy load of guilt when you know the Lord has forgiven you according to His

promise. We are not God. No one is a superman or a superwoman. Admit your fallibility, your own humanity and accept His “sufficient grace”. Then, get on with your life. Ask for help from someone who knows the Word of God and has a close relationship with Him. Sometimes others can help you see your situation more clearly.

In conclusion, remember these three things:

1. Remember the past blessings. Think of the good times that were shared with your loved one. Crying is therapeutic. Shed those tears. Thank God for the life He allowed you and that dear one to share together. Speak about them. Sometimes family members or friends are hesitant about talking about your loved one. This is wrong. Talk about them. Keep their memory alive. If they were saved, start by saying, “Let me tell you about my loved one who is in Heaven.”

2. Remember the present blessings. Be thankful for the present realities. If they trusted Christ as their Savior, their soul is with the Lord not in that coffin in the grave. “Therefore we are always confident, knowing that, whilst we are at home in the body, we are absent from the Lord: we are confident, I say and willing rather to be absent from the body, and to be present with the Lord.” 2 Corinthians 5:6,8

Their pain and suffering is over. God has not done something terrible to us, but has done something very special for your loved one. If your loved one accepted Jesus Christ as their Savior, He has taken them to Heaven. Though the body may have been laid to rest in the grave,

your loved one is not there. He or she is in the presence of the Lord Jesus Christ. The burdens and sufferings of this life are forever gone.

3. Remember the future blessings. Think of the future reunion. “For if we believe that Jesus died and rose again, even so them also which sleep in Jesus will God bring with him.” 1 Thessalonians 4:14 The separation that gives you distress now, will not last forever. A grand reunion is ahead! Whether by death or by the rapture, we who are born again will live forever in Heaven with Jesus and our saved loved ones.

“Set your affection on things above, not on things on the earth.” Colossians 3:2

There is a real city with mansions, that are prepared by our Lord Jesus.

“In my Father’s house are many mansions: if it were not so, I would have told you. I go to prepare a place for you.” John 14:2

There are streets of gold, a river, trees, family, friends, and the Lord Jesus Christ. Think on these things. A few years on this earth is nothing compared to what the future holds. No grief is greater than God’s Grace!

Grief and Grace

It's hard! You hurt!
You weep! You grieve!
You remember! Their laughter!
Their special sayings,
Time spent together!
You miss them!
Holidays! Birthdays! Anniversaries!
But you have the memories of the past!
You grieve, yet you rejoice!
They will not return to you,
but **(if you are saved)**
you will go to them!
Because you have the same Savior!
The days become months!
The months become years!
The grief is still there!
So is God's grace,
His comfort, His strength
Thank you, God, for grief and grace!
Because it draws me closer to You,
And where You are, is my loved one!

*Written by Linda Joyce Miller
(now at home with the Lord)*

If you do not know Jesus as your personal Savior, then please heed this invitation. Jesus loves you so much that He died in your place on the Cross. He paid for your sins by shedding His own Blood. How can you refuse someone who loves you so much? Receive Him today!

For additional help, information, questions about salvation, or to order more of this booklet, please contact:

Truth Baptist Church
Pastor Roy Teague
1334 Stroup Rd.
P.O. Box 115
Atwater, Ohio 44201
Phone: (330) 947- 9331
www.truthbaptistchurchatwater.com

*On 1/24/24 Fred Miller gave permission to Pastor Roy Teague of Truth Baptist Church to print/change this booklet.



Printed in the USA by
Pilgrim Fundamental Baptist Press, Inc.
P.O. Box 1832
Elkton, MD 21922-1832



