

King James Bible Study Correspondence Course

An Outreach of Highway Evangelistic Ministries
5311 Windridge lane ~ Lockhart, Florida 32810 ~ USA

Filling in the Gaps – Lesson 42
A Definition of Grief

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This Bible Lesson will cover the definition of grief, a subject the writer is thankfully not familiar with but a subject eventually we all will deal with in our lifetime. I will be relying completely on the Holy Spirit to guide my thoughts.

For much of my saved life, I have been around and ministered to people who are incarcerated, often older people and those with special needs. As can be expected with these folks and all others, death visited many of their loved ones while they were trapped in jail with no means of receiving comfort. After the passing of someone who meant a lot to them, I have tried to comfort and encourage them. However, the right words were just not in my speech nor in my thoughts, so often I would just sit in silence with them, not knowing what to say that could bring them comfort.

To write this Bible lesson, I interviewed several people who lost a loved one, a spouse, a child. I explained to them the purpose of my questions and asked their permission before beginning. It is my hope and prayer that the research done for this Bible lesson will offer some relief to you from the pain of your loss or grief.

It is very important when dealing with anyone after a loss or tragic experience to pray first, then allow the Holy Spirit to guide you in your conversation. Yes, compassion is the key. There is no room for jokes or callus behavior such as quoting scriptures about hell and judgment.

I have noticed that people handle loss and emotions differently. Without warning, tremendous bouts of sadness bring torrents of tears to many. Perhaps the sight of another person, an activity, or a particular thing brings back memories that trigger more sadness. Many experience anger, guilt, confusion, lack of enthusiasm, and some may find themselves not wanting to be around others. Many notice their decision making and thinking abilities are diminished. The overwhelming acquisition of duties that the deceased used to do may also bring on more grief. Those not going through the heart-wrenching sadness of loss wonder why the grief-burdened person does not “just get over it” That is callus behavior. They have no idea what it is like to lose a child, friend, or spouse that had meant so much. They have no idea how to handle overbearing challenges. Some never “get over it,” and the pangs of sadness or immense anxiety continue to torment their thoughts and behaviors. I have talked to one lady who lost her husband almost two decades ago, and she still has not “gotten over it.” That deceased person was a part of her life, and now she stands all alone, missing an integral part of

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herself. The thoughtless “get over it” attitude just won’t work with someone who spent a lifetime loving, living with someone or rearing a child. It will not work with someone facing the changes or difficulties of such a loss. In many cases, the deceased person made the surviving person more complete, and now they feel like half a person. Since it seems God is allowing me to encounter many grieving people, it would be helpful to know what the Bible teaches on the subject. Although every person handles grief differently, there is no quick three or four-step process to fix or shorten one’s grieving process. In the Bible, those disturbed by a mountain of distress can find encouragement and help. They can realize their grief and anxiety are natural and that God cares.

- God can be grieved. Since we are created in God’s image (Genesis 1:27), we have many physical, mental, and emotional traits that our Creator has. There is a divine purpose for our having the ability to grieve and be heavily troubled over certain situations. Genesis 6:6 *And it repented the LORD that he had made man on the earth, and it grieved him at his heart.* God was brokenhearted that His creation was given over to great wickedness continually. Psalm 78:40 *How oft did they provoke him in the wilderness, and grieve him in the desert!* The people of Israel knew what was expected of them; but they lied, disobeyed, and did what angered their Lord. Those actions and many, many others broke God’s heart.
- The Holy Spirit can be grieved. The Spirit God sent to help mankind can also be grieved over the wrong works of man. The Spirit is made so heavy with grief over what a sinner has done that He will not work in a person’s life often until that person gets it right with Him. Ephesians 4:30 *And grieve not the holy Spirit of God, whereby ye are sealed unto the day of redemption.* Also: Isaiah 63:10.

Grief is a natural emotion that most people will experience at some point. It is part of life, but we can learn to handle what happens in our lives by seeing how people in the Bible handled their immense grief.

- Job was overcome by grief as he was allowed by God to endure great testing and trials. Job 16:6 *Though I speak, my grief is not asswaged* [to make something that is burdensome less intense, painful, or severe] *and though: I forbear, what am I eased?* Also: Job 2:13 Job 6:2, 16:5-6.
- David experienced grief. The pressure brought on by his enemies and the heavy burden of being amidst many troubles, weighed heavily on him. Psalm 31:9-10 *Have mercy upon me, O LORD, for I am in trouble: mine eye is consumed with grief, yea, my soul and my belly. 10 For my life is*

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spent with grief, and my years with sighing: my strength faileth because of mine iniquity, and my bones are consumed. Also: Psalm 6:7.

- King Solomon experienced grief. The actions of his wayward son grieved the king; however, he realized that wisdom learned during great sadness in one's life can be helpful when enduring additional trials. Proverbs 17:25 *A foolish son is a grief to his father, and bitterness to her that bare him.* Ecclesiastes 1:18 *For in much wisdom is much grief: and he that increaseth knowledge increaseth sorrow.* Also: Eccl. 2:23.
- Isaiah experienced grief and prophesied about the Saviour and the grief Jesus would bear. Isaiah 17:11 *In the day shalt thou make thy plant to grow, and in the morning shalt thou make thy seed to flourish: but the harvest shall be a heap in the day of grief and of desperate sorrow.* Isaiah 53:3. *He [Jesus] is despised and rejected of men; a man of sorrows, and acquainted with grief: and we hid as it were our faces from him; he was despised, and we esteemed him not.*
- Jeremiah experienced grief. Jeremiah 10:19 *Woe is me for my hurt! my wound is grievous: but I said, Truly this is a grief, and I must bear it.*
- Jonah experienced grief. Jonah 4:6 *And the LORD God prepared a gourd, and made it to come up over Jonah, that it might be a shadow over his head, to deliver him from his grief. So Jonah was exceeding glad of the gourd.*
- The writer of Hebrews (possibly Paul) experienced grief. Hebrews 13:17 *Obey them that have the rule over you, and submit yourselves: for they watch for your souls, as they that must give account, that they may do it with joy, and not with grief: for that is unprofitable for you.*
- We can grieve over what we have done. Genesis 45:5 *Now therefore be not grieved, nor angry with yourselves, that ye sold me hither: for God did send me before you to preserve life.*
- We can be grieved by what others have done. 1 Samuel 20:34 *So Jonathan arose from the table in fierce anger, and did eat no meat the second day of the month: for he was grieved for David, because his father had done him shame.*
- The wicked may be grieved at the sight of a righteous person. (This may explain why those with liberal philosophies and politics get so mad at those trying to live a righteous life.) Psalm 112:10 *The wicked shall see it, and be grieved; he shall gnash with his teeth, and melt away: the desire of the wicked shall perish."*

Grief can be a result of extreme pressure, changes against one's beliefs, or it can come after the loss of a loved one. Grieving is a God given emotion that involves heartache and love and may help some individuals avoid sin or ungodliness. God would not have given us an

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emotion that would harm us. Perhaps it is a safety valve to enable us to cope with tragedy or change.

Some definitions of Grief:

1. The pain of mind produced by loss, misfortune, injury, or evils of any kind; sorrow; regret. We experience grief when we lose a friend, when we incur loss, when we consider ourselves injured, and by sympathy, we feel grief at the misfortune of others.
 2. The pain of mind occasioned by our own misconduct; sorrow or regret that we have done wrong; pain accompanying repentance. We feel grief when we have offended or injured a friend and the consciousness of having offended the Lord, fills the pertinent heart with the most poignant grief.
- Noah Webster 1828 Dictionary

“Grief can be the effect of wounded affection and the effect of discovered, but undeserved, unkindness. It is the pang a mother feels when she first learns that the child of her fervent prayers and cherished hopes has become profane and profligate (“morally unrestrained”). It is the throbbing emotion of the generous heart when thwarted or interrupted in the benevolent design it has conceived.” — Author Unknown

It has been said that there are six stages of grief, these may not be the case with you, but these are reflected in the average population:

1. Denial
2. Anger
3. Bargaining (false hope)
4. Depression
5. Acceptance
6. Finding Meaning

There is no easy fix for the mental pain grief can cause. Again, each sufferer handles it differently. Grief is an emotion that greatly affects one's life. It can cause one to do the right thing and can direct some to respect life more. The loss of a loved one also keeps our temporary life on Earth in perspective. We are just pilgrims passing through this life, waiting and occupying, hopefully for the cause of Christ, until it is our turn to leave.

Conclusion.

Having only directly experienced grief in my life by the death of my parents, I found that the best way to bounce back is to get involved in the

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lives of other people. Remember that one person in school that was the most popular, what was his secret? He was friends with everyone!

Sure, you could continue in life with a scowl on your face and be grumpy all the time, but what good will that do you or anyone else? Be a friend to the friendless, talk to people, find out who they are, console them in their grief if they need it. I do not know a single person that does not enjoy talking about him or herself. Get involved. There are hundreds of ministries right outside your front door; go search for one.

Ideas:

Nursing Homes – Those people are really lonely. Most spend their days staring out the window, hoping to catch a glimpse of someone they know. OK you do not know them, but what joy you would bring to their lives if you did, and you may even have the opportunity to tell them about Jesus, Then you could both rejoice in heaven forever.

Juvenile Jails - In this case, you may need to get the cooperation of your church or another church to get you in, but you can try. Go to the office and ask them what churches come into the jail. Then go to that church and ask them if they would let you be a part of that ministry. You do not have to be a preacher if that is not your forte, but you can visit and talk. Give it a try, it can be rewarding.

Mission trips – If your Church is mission minded, that is great. If there is an opportunity for you to go, go for it. You will see you how really blessed we are to live in a country that allows us freedom.

Food Pantries – They are everywhere, and they always need help. Get involved and make friends. Find out if there are any ministry opportunities available within the pantry. Search out the major food distributors, ie. Second Harvest, Feeding America, Food Share, ask Google. That is how this ministry has grown so much in the past 11 years, we went from giving away 10 Bibles a year to now over 3000 Bibles a year.

God is into work; He has no sympathy for the sluggard. Do not spend your days serving the Lord, then give up because sometimes people face grief before the end of their life. God wants you to finish your course.

2 Timothy 4:6-8 (KJV) *For I am now ready to be offered, and the time of my departure is at hand. I have fought a good fight, I have finished my course, I have kept the faith: Henceforth there is laid up for me a crown of righteousness, which the Lord, the righteous judge, shall give me at that day: and not to me only, but unto all them also that love his appearing.*

Notes

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Filling in the Gaps – Lesson 42
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Name _____

Note: (*) indicates that answers must include scripture to get full credit, including the T/F if applicable.

1. In your own words, how would you explain grief?

2. What steps are you going to take to overcome your so that you will not be prevented from moving forward in life?

3. What are the common six stages of grief?

4. Name the people in the Bible that also dealt with grief? *

5. Referring to the above question, what brought them out of their grief?

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6. Does God want you to sit around being grumpy, no longer enjoying the gift of eternal life He has so graciously given you by His sacrificial death on the cross? *
7. Why is the attitude of “just get over it” callus and should never be spoken?
8. What softens the heart of anyone? Refer to 1 John 4:7-8.
9. When encountering a grief-stricken person, what would you do? After reading this Bible lesson, what would be your approach?
10. Explain 2 Timothy 4:5.

True/false

- Callus statements have no room in consoling someone’s grief.
- You should become actively involved in the lives of others to bring about stability in your own.
- Get out of your element; do the work of an evangelist.

**Scripture memorization**

2 Timothy 4:6-8; Isaiah 53:3

Write out these verses on the back on this page: (must be in KJV)

Any questions?