



Processing Grief In The Public Eye

FULFILLMENT

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*"A man of sorrows and acquainted with grief... surely He has born our griefs and carried our sorrows."
Isaiah 53:3-4*

*"Jesus wept."
John 11:35*

*"That you may not grieve as others do who have no hope."
1 Thessalonians 4:13*

*"How long will you hid your face from me? How long must I take counsel in my soul and have sorrow
in my heart all day?"
Psalm 13:1-2*

Understanding Public Grief

- Grief wants to be alone.
- Grief is out of control.
- Grief is highly vulnerable.
- Grief is exhausting.
- Grief is an unpredictable process.
- Grief is an extended state of disequilibrium.
- Grief is messy.
- Grief raises more questions than it answers.
- Grief is a place to meet Christ.

Processing Public Grief

1. Keep it real.
2. Pour out your sorrows before God. It is essential that you sanctify your sorrows with God before you share them with your people.

There are two types of Lament Psalms:

A. Individual Lament Psalms (Ps. 3, 4, 5, 7, 9, 10, 13, 14, 22, 31, 40, 41, 42, 43, 52, 61, 64, 70, 71, 120).

B. Corporate Lament Psalms (Ps. 12, 44, 58, 62, 74, 79, 80, 83, 85, 89, 90, 123, 126).

Declare the virtues of Christ over your loss and grief.

"I will bless the Lord at all times; His praise shall continually be in my mouth." Psalm 34:1

"There are three irrefutable realities that have sustained us during our grief and loss—God is good, He knows what He's doing, and we can trust Him." – *Rev. Bruce Bliss*

3. Welcome grief as a friend, don't fight it as an enemy.

"And we know that in all things God works for the good of those who love Him, who are called according to His purpose." Romans 8:28

4. Share it, don't stuff it, when you're ready.

Grief links you with your people. The best pastors are wounded people.

Grief links you in new ways with Christ.

5. Don't rush the process.

As long as we are this side of heaven, grief is never a get-r-done acquaintance; grief is a life-long companion.

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