

8. Rest in the assurance of the promise given by David who knew how to deal with grief of loved ones. David wrote, "For this God is our God forever and ever. He will be our guide even to death." Psa. 48:14

9. Draw inspiration from the promise that even if you do not have physical or emotional strength, the Lord will be your sufficiency. David wrote, "My flesh and my heart may fail: but God is the strength of my heart, and my portion forever." Psa. 73:26.

10. Ask the Lord to bring people of great faith to comfort you during times of grief. David wrote, "Mark the perfect man, and behold the upright: for the end of that man is peace." Psa. 37:37.

11. Be thankful that our physical body is only a temporary house for the eternal soul that will live forever with the Lord. Paul wrote, "But though our outward man perishes, yet the inward man is renewed day by day." 2 Cor. 4:16.

12. Review the powerful, comforting and reassuring promises of God's overcoming love in Romans chapter 8. Paul wrote, "For I am persuaded that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord." Rom. 8:38,39.

Are you grieving? We cannot avoid grief. At some point in our lives, it will find us; but we can avoid the destruction that grief can cause in our lives.

It is our hope and prayer as ministers of the gospel of Christ that these words will provide you comfort and guidance during these difficult times.

Please, if you have any questions, contact us at the

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**My Loved One is
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*What do I say?***



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My Loved One Is Hurting: *What Do I Say?*

How can we find comfort during the loss of a family member or friend? How and where do we find the appropriate words to convey to them, as well as ourselves?

The effects of the pandemic that we are all suffering through has been tremendous. There are some among us who have had extended family members and friends to succumb to this devastating virus.

This pamphlet compiled by Bro. Nokomas Rodgers and Bro. Graylon Freeman is designed to offer straight-forward guidance and offered comfort from the most reliable source known to man: The Bible, the Word of God.

The Almighty God has provided for us "all things that pertain to life and godliness" (I Pet. 1:3) by way of the scriptures. All that we need to live and thrive (and yes, even to die) is contained in the Bible, because death is a part of life.

God wants us to be informed about death; if we have the truth, it will affect our view of death; if we have the proper view of death, it will affect how we grieve.

There are a lot of myths about death and grieving:

Death ends our existence.
Death is a demotion.
All loses are the same.
Christians are not supposed to grieve.
Grief is a sign of a lack of faith.
Everyone grieves the same way.

None of these statements is true! Isn't truth amazing? Truth has the power to set us free; truth overcomes doubt; truth dispels fear.

First and foremost, when your loved one is hurting behind the death of a person close to them, or you are hurting as well, there is no "right" or "wrong" way to feel! There is no defining emotion to suggest that this is the way you should feel, or the way you are "supposed" to feel.

Your loved one as well as yourself may well go through a gambit of psychological emotions. When Mary and Martha lost their beloved brother Lazarus behind some illness/sickness that overtook him, they grieved, they questioned God's wisdom and purpose, they were frustrated – Jn. 11:17-32.

It is our nature to grieve, to be angry, afraid, confused, traumatized, shocked, speechless, anxious. All these emotions can come upon us and we can avoid the tendency to sin by being reminded to not allow ourselves to linger and dwell too long within these emotions.

The shortest verse in the entire bible is Jn. 11:35 "Jesus wept." He was at His good friend's gravesite and although He knew what He was about to do, He looked around and saw the sorrow and pain of Mary and Martha and others present and the grief was overwhelming and He wept.

Grieving is a part of life, and if you avoid the pain of grief, then you will never experience the peace that God wants you to have. Paul states in I Thess. 4:13 that our grief/sorrow should contain the added ingredient of "hope."

Mary and Martha did not initially understand why the Lord lingered and delayed coming to their aid, but after a while, it became clear. Jn. 11:23-26.



Please consider these guiding principles to offer to your loved one:

1. Ask the Lord to be your comforter in times of grief. Paul writes, "Who comforts us in all our sorrow so that we can offer others, in their sorrows, the consolation that we have received from God ourselves." 2 Cor. 1:4
2. Follow the example of David who found comfort in the darkest of times. David wrote, "Even though I walk through the valley of the shadow of death, I fear no evil; for Thou art with me. Thy rod and Thy staff, they comfort me. Psalms 23:4.
3. Remember Jesus is our greatest advocate during times of transition. The writer of Hebrews wrote, "He shared in their humanity so that by His death He might destroy him who holds the power of death - that is the devil. And free those who all their lives were held in slavery by their fear of death." Heb. 2:14,15.
4. Remind people of Christ's own persona in that they are not alone in their sorrow or grief. For Jesus, according to Isa. 53:3, was "a man of sorrows and acquainted with grief." Therefore, He truly knows and understands what you are experiencing.
5. Review the great promise of assurance of salvation given by Jesus. The Lord Jesus said, "I give them eternal life and they shall never die; and no one can snatch them away from me." Jn. 10:28 No one can take away our assurance of salvation.
6. Remove any pain through the assurance given by the apostle Paul. Paul writes, "O death, where is your sting? O grave, where is your victory?" I Cor. 15:55.
7. Consider all the benefits of those who are made right through their faith in Christ. Paul writes, "Therefore, being justified by faith, we have peace with God through our Lord Jesus Christ...much more then, being justified by His blood, we will be saved from wrath through Him." Rom. 5:1,9.