



How to HANDLE GRIEF
in a GODLY WAY

PEW BIBLE
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2 SAMUEL 1

- As we go through this life, we are sure to go through some painful and devastating losses. Many times, we can't control them. But, we **can** determine how we _____ to them.
- Times of grief are transitional times in our lives. They can make us _____, or destroy us. Therefore, we must handle grief in a godly way.

G – Grant that a _____ has occurred.

- It is okay to grieve! It is _____, and it is natural. vs. 11-12, 17
- *“Jesus wept.”* **John 11:35**
- *“And when he was come near, he beheld the city, and wept over it.”* **Luke 19:41**
- *“Then saith he unto them, My soul is exceeding sorrowful, even unto death: tarry ye here, and watch with me.”* **Matthew 26:38**
- **Godly** grieving is _____ grieving, whereby we admit that there has been a loss. We don't minimize it, deny it, or simply avoid it.

R – Refuse to dwell on the painful _____.

- David had been through some huge hurts and disappointments with King Saul.
- Yet, David still loved Saul, and David felt grief.
- There is nothing _____ or abnormal about that. It shows David's tender and forgiving heart.
- David refused to focus on the pains and hurts of his past with Saul. He chose to remember the _____ times with Saul and Jonathan.
- This is how he could grieve. Forgiveness creates a _____ heart that can express grief and other emotions.
- *“And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.”* **Ephesians 4:32**
- When you go through a loss, it is so easy to dwell on past hurts. Refuse to do it so that you can grieve in a _____ and godly way.

Next Week - Part 2!