

## **How to Handle Grief in a Godly Way – Part 2**

### **2 Samuel 1**

#### **Introduction:**

1. Have you ever received bad news that literally took the breath from you?
2. As this book opens, David receives the news that King Saul and his best friend, Jonathan, have been killed in battle. David can't believe it. vs. 5
3. David had quite a history with both of these men. Even though Saul had turned on David, David still loved Saul. Saul was David's boyhood hero. David served under Saul, and married Saul's daughter. Of course, David and Jonathan were best of friends.
4. How did David respond to the news? He mourned and wept. vs. 11-12, 17
  - To "*lament*" means "to express sorrow." David was dealing with grief.
5. 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 respond to them.
6. This time of grief was a real transitional time in David's life. He was anointed as king 10 - 15 years earlier, but had been through some deep waters. Now that Saul was dead, David would transition to being the king of Israel.
7. Times of grief are transitional times in our lives. Times of grief can make us stronger, or destroy us. Therefore, we must handle grief in a godly way. As we examine David's grieving here in this text, it gives us great insight into how to handle grief in a godly way. How can we do this?

#### **G – Grant that a loss has occurred.**

#### **R – Refuse to dwell on the painful past.**

#### **I – Include those who want to grieve with you.**

1. One thing that is very impacting about this story is how David felt free to be able to grieve publicly. He included others in his grieving process. vs. 11-12
2. Many times, we want to go into seclusion when we grieve. We isolate ourselves from everybody, and think, "I must handle this alone. I must grieve alone."
3. I believe this is a huge mistake. Not only can it send you into a tailspin of depression, but, it isn't good for those who desire to grieve with you over the loss or minister to you.
4. God has designed us, as humans, to need each other. Adam was lonely and God gave him Eve. The apostle Paul wasn't married, but he always had friends and companions that traveled and ministered with him.
  - Example of Paul grieving with other men: Acts 20:36-38
  - Even Jesus, when He was sorrowful in the Garden, took three men to be with Him.

5. This is what a local church is all about. It is a community of people bound together by our faith in Jesus Christ. The church is called the body of Christ. We are all members that compose one body. 1 Corinthians 12:12-14
  - The Bible says that we are “*fitly joined together and compacted...*”  
**Ephesians 4:16**
  - You know what that means? We’re in this together!
6. When we go through a loss and we are grieving, God has designed it so that we have a community of believers to support us, encourage us, comfort us, and grieve **with** us. 1 Corinthians 12:25-27; Romans 12:10, 15
  - This is what helps us to deal with the loss, and be able to move on in our lives.
7. I think sometimes we push that support away and think that we don’t need it. We feel like we must bear it alone. This simply is not true. Galatians 6:2; 1 Thessalonians 5:11
8. There have been many times throughout the years when I have heard months later about a loss that one of our people went through. They simply didn’t tell anybody. I think sometimes pride is a root cause of this.
9. Many times we are afraid to admit that we have suffered a loss, or that we’re hurting, because we are afraid of what people will think of us. Men are very bad about this.
  - Will people think I lack faith? Will people think I am emotionally weak? These are all lies from Satan. Do you know what people will think? They will think you are human, and they will rally around you and help you through it.

#### **E – Entreat the Lord – He understands.**

1. After David grieved, it says in 2 Samuel 2:1 that David “*enquired of the Lord...*”
2. Hebrews 4:14-16 is a wonderful passage. This passage is basically saying that you can go to Jesus Christ in prayer during your time of need and get help. Do you know why? Because Christ has been there. He understands your grief and pain.
3. This is the great miracle of the incarnation. Christ took on our flesh and blood, and has walked in our shoes. In religion, it is always man desperately trying to get to God. In Christianity, it is just the opposite. It is God coming down to man.
  - “*The Word was made flesh and dwelt among us...*” **John 1:14**
  - “*God was manifest in the flesh.*” **1 Timothy 3:16**
4. Christ knows what it means to weep over the loss of a loved one (He wept). He knows what tears are. He knows all about physical pain and suffering. He understands death (He died Himself). He knows what it is to worry about a mother who will be alone. He knows how it feels to have friends hurt you and disappoint you, etc.
  - We have an Intercessor in heaven Who is moved by our grief. He is not distant and aloof, non-caring and non-understanding. When you are grieved, He is moved by this.
5. When Christ walked the earth, He had a friend named Lazarus who died. He apparently was a young man who got sick and died rather suddenly.

- When Jesus arrived on the scene, people were weeping over their loss. They were comforting Mary and Martha (Lazarus' sisters), and weeping with them.
  - When Christ came on the scene, He did not rebuke them for a lack of faith. He did not coldly and callously lecture them on what He would do, and how He had it all under control. He did not tell them to suck it up and quit this sobbing.
  - What did He do then? John 11:33-36 - Jesus stood there and wept with them.
  - Others did not look at this as a weakness in Christ. They said, "*Behold how he loved him!*"
6. This is your Savior, if you know Him today! This is the One who is at the right hand of the Father, Who is interceding for you every time you call upon Him!
  7. You can be honest with God about your grief. You can express your grief to God. He understands completely. He is there to provide comfort and help in your time of need. Philippians 4:6-7 is a wonderful prayer promise.
    - He is called "*the God of all comfort.*" 2 Corinthians 1:3
  8. When you are going through a time of grief, remember to entreat the Lord. He understands!

#### **F – Forge ahead with life as soon as possible.**

1. It is certainly appropriate to take some time to grieve after you have experienced a loss. David and his men did so after Saul and Jonathan's death.
2. But, notice 2 Samuel 2:1-2. Here we see David moving on and forging ahead with life. We don't know exactly how many days went by between the lamentation of chapter 1 and David moving on in chapter 2. But, after an appropriate time to grieve, David got on with his life and engaged in the process of eventually becoming king of Israel.
  - David had to do the same thing several years later when his little baby boy died. 2 Samuel 12:18-23
3. How long is a proper grieving time before engaging in the normal activities of life again? There is no magic formula to determine this. It depends on the magnitude of the loss. Every person is different and unique.
4. But, there must be a point in time when you determine to get on with your life. You cannot withdraw and grieve so long that you fail to engage in life again.
5. There are many people who endured a loss years ago, and have never really resumed a normal life. They are still bitter, or angry, or maybe even resentful towards God because they somehow blame Him for the loss. You hurt yourself and those around you when you do this.
6. You have to move on. You have to forge ahead and begin living again. You cannot change the past. Withdrawing from life will not change it.
7. Focus on the good, cherish the positive memories, but forge ahead. Paul said he was "*reaching forth unto those things which are before.*"

**In Conclusion:**

1. I realize that there are times when our grief is so acute that we do not even desire to go on living.
2. But for the believer, we have to remember the words, "*To me to live is Christ.*"
3. Every day we have on this earth is an opportunity to display to others the marvelous grace of God and the incredible message of Jesus Christ. Our life is not simply about us. It is about glorifying our wonderful Savior, Jesus Christ.