



Helping Others During Times of Grief, II Cor 1:4
Bill Bider ~ December 6, 2020

Key Text: **2 Cor 1:4** (God) comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God.

I. Recognizing GRIEF around us - - being aware, being sensitive?

- Appearance
- Behavior
- Words

II. Grief is Almost Always Caused by Loss (do you know anyone currently struggling in these areas?)

- A Loved One Dies
- Health fades
- Severe injuries
- Finances
- Divorce
- Rebellious child
- Infertility
- Fired/Laid off
- Move to New City

III. Definition

Grief is an intense emotional response to the pain of loss - - the result of a connection that has been broken or future dreams now gone. . . . "Where there is great grief, there was great love."

"Grief is the price we pay for love." **Queen Elizabeth**

IV. Grief is distinct from other emotions that may seem similar – but grief may trigger other emotions

Jesus' and Abraham's examples of grieving (John 11:35, Gen 23:2)

V. Circumstances and Personalities Differ Influencing How a Person Grieves

VI. Many of God's "One Another" Commands Apply to Helping those Who Grieve

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|------------------------------|------------------------|-----------------------------------|
| Love (Jn 13:34) | Honor (Rom 12:10) | Be Devoted (Rom 12:10) |
| Speak with Psalms (Eph 5:19) | Build Up (Rom 14:19) | Accept (Rom 15:7) |
| Comfort (1 Cor 12:25) | Serve (Gal 5:13) | Bear With (Gal 6:2) |
| Be Patient (Eph 4:2) | Submit To (Eph 5:21) | Consider Others Better (Phil 2:3) |
| Bear With (Col 3:13) | Comfort (1 Thes 4:18) | Encourage (1 Thes 5:11) |
| Show Hospitality (1 Pet 4:9) | Care For (1 Cor 12:25) | Pray For (Jam 5:16) |

James 1:22 But be doers of the word, and not hearers only, deceiving yourselves.

VII. Pray for Wisdom in How to Reach Out - - PEOPLE DIFFER

- What to **say** or not say?

Job's friends: Right (Job 2:13); then Wrong (Job 16:2)

- What to **do** or not do?
- Be Flexible, Patient, and Discerning
- Long-Term Considerations

VIII. Understanding the Loneliness Factor

"Fellowship is a mutual bond that Christians have with Christ that puts us in a deep, eternal relationship with one another." **John Piper, *Desiring God***

The breaking of that bond, even if just temporarily, will cause pain!

IX. "Safe" Bible Versus that May Help at Any Time ("Draw Near," "Trust" and Find Rest)

- Draw Near – Jam 4:8, Ps 34:18, Heb 4:16
- Trust – Ps 9:10, Ps 32:10
- Find Love and Rest – Lam 3:22, 31-32

X. How can I make a difference in the life of someone who is grieving? Be a "doer"!

Identify Individuals

What can I do now?

How can I be of ongoing help?