



Preparing for grief

good
grief



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The Covid-19 pandemic has reminded us that grieving is an inevitable part of living. Whether it be the loss of a loved one, the ending of a marriage, the emigration of children or the experience of retrenchment, loss which triggers grief is unavoidable. Join us as we explore how the words '*good*' and '*grief*' can, with God's help, appear in the same sentence.



MONDAY – Face the inevitability of loss



Genesis 2: 15-17 *The Lord God placed the man in the Garden of Eden to tend and watch over it. But the Lord God warned him, “You may freely eat the fruit of every tree in the garden – except the tree of knowledge of good or evil. If you eat its fruit, you are sure to die.”*

Since Adam and Eve made the wrong choices we all have to face the fact that we will have to face the inevitability of loss of a loved one. Can one prepare for grief? Yes and no. In one sense it disturbs life and brings depths of pain we could not have imagined. In another sense “grief” is a crisis and we need to prepare for crisis times in the ordinary times - times of death, divorce, loss of jobs and health.

We prepare for grief by facing the inevitability of loss. Here are a few practical suggestions on what to prepare for:

Fully discuss family assets. This includes where everything (finances, property, personal items, last will and testament, etc.) are to be found. Know your lawyer, asset manager/financial adviser. Know your banking information and account numbers. Often, one spouse will handle this, and

although the other may generally know all of the information, they may not know where everything is located.

It is also wise to involve your kids and grandchildren during the preparation process. Talk about death in your family circle and don't avoid the subject. Attend the funerals of family and friends to come to terms with the emotions of saying farewell.

Loss is inevitable. Face it!



Prayer: Dear Lord, please help me to be prepared for the times of loss. Grant me the wisdom to be there for all Your other children close to me when we feel totally overwhelmed by circumstances that will cause us grief. I place my hand in Yours dear Lord. AMEN

Song: Will your Anchor Hold

<https://www.youtube.com/watch?v=PTfypuXwrMA>

TUESDAY – Cultivate a close Relationship with God



Romans 5: 10-11 *For since our friendship with God was restored by the death of His Son while we were still enemies, we will certainly be saved through the life of His Son. So now we can rejoice in our wonderful new relationship with God because our Lord Jesus Christ has made us friends of God.*

People who have walked with God in the sunshine know where to find Him in the darkness. People who have cultivated intimacy/friendship with God and learned to depend on His grace in life's ordinariness continue to do so in the midst of life's hardships.

That God would want me for a close friend is hard to understand but already in Exodus 34: 14 the Bible says, "He is a God who is passionate about His relationship with you!" God deeply desires that we know Him intimately. Knowing and loving God is our greatest privilege; and being known and loved is God's greatest pleasure.

It is difficult to imagine how an intimate friendship is possible between an omnipotent, invisible, perfect God and a finite, sinful human being. You will never grow a close relationship with God by just attending church once a week or even having a daily quiet time. To become a friend of God we have to engage in a constant conversation with Him. Friendship with God is built by sharing all your life experiences with him such as grief – talking with Him about whatever you are doing or thinking at that moment e.g, praying without ceasing (1 Thessalonians 5: 17).



Prayer: Thank You Lord Jesus that I may call on You to always direct my mind and actions, and not only during any worrying or anxious moment. Holy Spirit please prompt me regularly to pray to the Lord throughout the day or night. AMEN



Song: Nothing but the Blood – Hillsong United

https://www.youtube.com/watch?v=oU4GFdjAmqo&list=PLrUcPHt8jJHNhp9VleOYEbBI_EnxuWSHnhttps

WEDNESDAY – Internalise Scripture



Psalm 119: 97 *Oh, How I love Your instructions!! I think about them all day long.*

Psalm 77: 11-12 *But when I recall everything You have done, O Lord; I remember Your wonderful deeds of long ago. They are constant in my thoughts. I cannot stop thinking about Your mighty words.*

In times of grief, it is the Word of God that we have “hidden in our hearts” that God uses most to comfort and sustain us. One cannot build a friendly relationship with God without reading His word. While you cannot spend all day studying the Bible, you can think about it during the day, recalling verses you have read or memorized and mulling them over in your mind. Meditation is often misunderstood as some difficult, mysterious ritual practiced by isolated monks and mystics. But meditation is simply focused thinking – a skill anyone can learn and use anywhere. Friends share secrets, and God will share His secrets with you if you develop the habit of thinking about His Word throughout the day.

A grieving Pastor Leigh Robinson, recalls an occasion when he was really struggling and felt God was distant and unconcerned. *“As I walked and wept that night, the Lord brought to mind a verse I had memorized in high school: ‘Surely He has borne our griefs, and carried our sorrows’ (Isaiah 53: 4). And I remembered that, far from being unaware of my pain, Jesus is ‘a man of sorrows, and acquainted with grief’ (Isaiah 53: 3). I cannot begin to convey in words the comfort that flooded at that moment through the memorized Word of God. **Unknown to me, I had prepared for grief years before I experienced it by memorizing the Word of God.**”*



Prayer: Lord Jesus, guide me to find the true meaning of Your Word when reading it and to spend time meditating further on Your Word for me to get to know and serve You better. AMEN

Song: Your Word
Hillsong Worship



<https://www.youtube.com/watch?v=G9NEYy71lcUhttps>

THURSDAY – Strive to build and maintain loving relationships



Ephesians 4: 25-27 *So stop telling lies. Let us tell our neighbours the truth, for we are all parts of the same body. And don't sin by letting anger control you. Don't let the sun go down while you are still angry, for it gives a foothold to the devil.*

The grief of many people has been compounded by guilt arising from unfinished business. Most of the time lies cause mistrust and anger between individuals, groups, friends and loving relationships. To lose the trust of a friend or partner is the same as crumpling an unused clean sheet of paper into a ball. If you spread the paper open again you can never restore it to its original condition. The marks of your actions remain visible after the act.

It is sound advice from Paul to advise his fellow Christians to not let the sun go down while you are still angry with someone or have caused someone to lose trust in you. Should someone die, whom you care for very much, your grief is aggravated if you have not resolved all the issues that might have

caused mistrust or anger in your relationship.

To build and nurture good and loving relationships in all the spheres of your life is an exercise in preparing for grief that might befall you. You never know when any catastrophe may come your way so do not carry any baggage with you that could cause you extra worries when losing a loved one.

Love should be your top priority, primary objective, and greatest ambition. It is not enough to **say**, “one of the things I want in life is to be loving,” as if it is your top ten list. Relationships must have priority in your life above everything else – Life without love is really worthless. A life filled with love is the best preparation for grief with no foothold to the devil.





Prayer: Lord Jesus, please help me to not go to sleep without resolving any negative issues that may have arisen today. Grant me the courage to confront any troubles in my relationships and to do it with love. AMEN.

Song: Love has a Name – Jesus Culture

<https://www.youtube.com/watch?v=d2S3aJlf9w8https>



FRIDAY – Be a vital part of a caring church



1 Corinthians 12: 25-27 *This makes for harmony among the members, so that all the members care for each other. If one part suffers, all the parts suffer with it, and if one part is honoured, all the parts are glad.*

What is your response when a fellow Christian is honoured or is suffering? Believers are in the world together. There is no such thing as private or individualistic Christianity. We need to get involved in the lives of others and not just enjoy our own relationship with God.

As Jesus followers we have seen or experienced grieving people who were a vital part of the church body, being loved, cared for, prayed for and supported in countless ways by fellow members of the body who truly suffered with them. Many of these people have later then testified that they did not know how they would have coped had it not been for the comfort and care of fellow Christians.

It has also been obvious that the people who receive the most significant support from the church in their time of crisis are those who have constantly given the support to others in need. It reminds us of the saying, "What goes around, comes around."

Many of us in our time of need have been prayed for, visited by caring friends and members, provided a shoulder to cry on, just sat and listened without giving advice and provided support in any way needed. Those were our fellow disciples who were the hands and feet of Jesus confirming that we all belong to one body – the bride of Jesus.





Prayer: Dear Father God, teach me to be an active disciple for You and to be Your hands and feet in any situation You send me to and to act as Your child in all my relationships. AMEN.

Song: We are your Church

https://www.youtube.com/watch?v=I6Rgu_Wg4qU