



Sunday, March 8, 2015

Enlarging the Soul Through Grief and Loss

Job 2:12-13 (NIV)

¹² When they saw him from a distance, they could hardly recognize him; they began to weep aloud, and they tore their robes and sprinkled dust on their heads.

¹³ Then they sat on the ground with him for seven days and seven nights. No one said a word to him, because they saw how great his suffering was.

Psalm 31:9-12 (NIV)

⁹ Be merciful to me, O LORD, for I am in distress; my eyes grow weak with sorrow, my soul and my body with grief.

¹⁰ My life is consumed by anguish and my years by groaning; my strength fails because of my affliction, and my bones grow weak.

¹¹ Because of all my enemies, I am the utter contempt of my neighbors; I am a dread to my friends-- those who see me on the street flee from me.

¹² I am forgotten by them as though I were dead; I have become like broken pottery.

Some Common Defenses:

1. Denial
2. Minimizing
3. Blaming Others
4. Blaming Yourself
5. Rationalizing
6. Intellectualizing
7. Distracting
8. Becoming Hostile

Job - Biblical Grieving:

1. Pay Attention
2. Wait in the Confusing In-Between
3. Embrace the Gift of Limits
4. Climb the Ladder of Humility
5. Let the Old Birth the New

"Above all, I have become aware of the power of God's grace and my need for it. My soul has grown because it has been awakened to the goodness and love of God. God has been present in my life these past three years, even mysteriously in the accident. God will continue to be present to the end of my life and through all eternity. God is growing my soul, making it bigger, and filling it with HIMSELF. My life is being transformed." Jerry Sittser