

How Do We Cope with Personal Loss?

<u>Matthew 5:4</u>: (NKJV) "Blessed are those who mourn for they shall be comforted."



Death is a scourge upon us all. It is the unwelcome intruder in our lives, the greedy associate, the uncaring and undiscriminating presence that is uninvited, unwanted and always inconvenient. Death is the rude interrupter of our lives. What's worse, it leaves a mark when it has passed through. After it leaves, we are left empty, sad, mournful and distressed. This unwelcome guest - death - it visits all of us, no matter what our station is in life. If we are poor, wealthy, popular, unnoticed, young or old, we all have experience with death. So, how do we deal with it? How do we cope with the pain and the loss? Stay with us this morning as we examine this sad and difficult reality of our lives - death, loss and the healing process.

Our only question:

How do we cope with personal loss?

First point of context:

Death was NOT a part of the original design for mankind:

Genesis 2:15-17: (NKJV) "¹⁵Then the LORD God took the man and put him in the garden of Eden to tend and keep it. ¹⁶And the LORD God commanded the man, saying, "Of every tree of the garden you may freely eat; ¹⁷but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall surely die.""

Death wasn't part of perfect human nature.

Second point of context:

Mourning and respect for those who have died is a basic human reaction:

Genesis 23:1-4: (NKJV) "¹Sarah lived one hundred and twenty-seven years; these were the years of the life of Sarah. ²So Sarah died in Kirjath Arba (that is, Hebron) in the land of Canaan, and Abraham came to mourn for Sarah and to weep for her. ³Then Abraham stood up from before his dead, and spoke to the sons of Heth, saying, ⁴"I am a foreigner and a visitor among you. Give me property for a burial place among you, that I may bury my dead out of my sight.""

The following account is the mourning of King David over Abner, once an enemy (being a protector of the house of King Saul) turned ally:

<u>2 Samuel 3:31-34</u>: (NKJV) "³¹Then David said to Joab and to all the people who were with him, "Tear your clothes, gird yourselves with sackcloth, and mourn for Abner." And King David followed the coffin. ³²So they buried Abner in Hebron; and the king lifted up his voice and wept at the grave of Abner, and all the people wept. ³³And the king sang a lament over Abner and said: "Should Abner die as a fool dies? ³⁴Your hands were not bound nor your feet put into fetters; as a man falls before wicked men, so you fell." Then all the people wept over him again."

The following is the mourning of Job and his three friends:

Job 2:11-13: (NKJV) "¹¹Now when Job's three friends heard of all this adversity that had come upon him, each one came from his own place—Eliphaz the Temanite, Bildad the Shuhite, and Zophar the Naamathite. For they had made an appointment together to come and mourn with him, and to comfort him. ¹²And when they raised their eyes from afar, and did not recognize him, they lifted their voices and wept; and each one tore his robe and sprinkled dust on his head toward heaven. ¹³So they sat down with him on the ground seven days and seven nights, and no one spoke a word to him, for they saw that his grief was very great."



We can see that mourning was always a clearly scriptural and important process, but what does that mean for us? How do we put this in the context of our present day? Our discussion to follow will be from the perspective of one who has suffered loss as well as from the perspective of one who is close to those who have suffered loss.

(Source: www.personaldevelopment.suite101.com, Coping with Death, How to Handle the Death of a Loved One and Move Forward, January 29, 2008, Scott Mayes)

How do you cope with the loss of a loved one?

So, you've lost a spouse, mother, father, child or sibling and you're feeling numb.

What you do next, in both the short term and the long term, will have a direct impact on your mental, physical and spiritual well being.

It can make the difference between long days of depression and a manageable lifestyle in the days and years ahead.

Cry For Your Loss: Don't buy into the myth, especially if you're a guy, that you have to act a certain way. It is natural to cry. And, listen to this: it is necessary to cry.

There's an old expression that says that *crying is pain leaving the body*. There's a lot of truth to that.

The gift of hope opens your heart to the gift of faith.

Romans 12:12: "Be joyful in hope, patient in affliction, faithful in prayer."

(Source: McClintock and Strong's Encyclopedia of the Bible) Mourn: ...Weeping appears either as one chief expression of mourning, or as the general name for it. Hence when Deborah, Rebecca's nurse, was buried at Bethel under an oak, the tree was then at least called Allonbachuth, the oak of weeping. The children of Israel were heard to weep by Moses throughout their families, every man in the door of his tent. So numerous are the references to tears in the Scriptures as to give the impression that the Orientals had them nearly at command. The woman washed our Lord's feet with her tears. Men, as well as women, wept freely, and even aloud. "Lifted up his voice and wept" is an ordinary mode of expression. Giving vent to them is well known to be one of the physical alleviations of profound sorrow.

What can we give to help?

Mourning

<u>Matthew 5:4</u>: (NRSV) "Blessed are those who mourn, for they will be comforted."

<u>Isaiah 61:1-4</u>: (NRSV) "The spirit of the Lord GOD is upon me, because the LORD has anointed me; he has sent me to bring good news to the oppressed, to bind up the brokenhearted, to proclaim liberty to the captives, and release to the prisoners; ²to proclaim the



year of the Lord's favor, and the day of vengeance of our God; to comfort all who mourn; ³to provide for those who mourn in Zion-- to give them a garland instead of ashes, the oil of gladness instead of mourning, the mantle of praise instead of a faint spirit. They will be called oaks of righteousness, the planting of the LORD, to display his glory. ⁴They shall build up the ancient ruins, they shall raise up the former devastations; they shall repair the ruined cities, the devastations of many generations."

We will come back to this text later...



Empathy

Even if you haven't had the experience someone else is having doesn't mean that you can't get involved with them and empathize with them, walking by their side to encourage them.



Hebrews 4:14-16: (NRSV) "¹⁴Since, then, we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast to our confession. ¹⁵For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who in every respect has been tested as we are, yet without sin. ¹⁶Let us therefore approach the throne of grace with boldness, so that we may receive mercy and find grace to help in time of need."

Jesus was tested like we are and can feel our pain. We can rely upon him.

Romans 12:14-16: (NRSV) "¹⁴Bless those who persecute you; bless and do not curse them. ¹⁵Rejoice with those who rejoice, weep with those who weep. ¹⁶Live in harmony with one another; do not be haughty, but associate with the lowly; do not claim to be wiser than you are."

An instinctive reaction we have when someone is crying is to say, "Don't cry." But sometimes a better response is to say, "Do cry, and let me cry with you." It is humbling and sometimes necessary to share in the sorrows.

<u>2 Corinthians 11:28-29</u>: (NKJV) "²⁸besides the other things, what comes upon me daily: my deep concern for all the churches. "²⁹Who is weak, and I am not weak? Who is made to stumble, and I do not burn with indignation?"

The Apostle Paul was able to enter into the experiences of those for which he was caring, and he had a deep desire to hold them up and share in their experiences. True empathy can only be attained through a humble spirit, for without humility we will be continually going back to thinking about ourselves.

(Source: www.personaldevelopment.suite101.com, Coping with Death, How to Handle the Death of a Loved One and Move Forward, January 29, 2008, Scott Mayes, continued...)

Talk About Your Loved One: There's no lonelier feeling than the one in the pit of your stomach about a month after the funeral. It seems like that loved one is still very much in your life, tugging at your heart strings daily. But, it also seems like the rest of the world has gone on with the daily routine.

Find someone, a dear friend, who is comfortable with the conversation and talk about that person. It's a necessary part of the grieving process. You want everyone to know the quirks of dear old dad and it's really more for you than it is

for them.

Honor the Memory of the Deceased: The dates on the calendar are tough. Birthdays, anniversaries, Christmas, they all hurt, especially the first time around.

Especially during the first year, find a way to make them (or their memory) part of those special days. Eat at their favorite restaurant, buy a gift for a family member in their honor, do something that sparks an old memory.



I"...You are my sunshine, my only sunshine..."



"What a Wonderful World," Louis Armstrons

What can we give to help?

Support

Philippians 4:8: (NRSV) "Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things."

1 Thessalonians 4:11,12: (NKJ) "But I do not want you to be ignorant, brethren, concerning those who have fallen asleep, lest you sorrow as others who have no hope."

Romans 12:9-18: (NRSV) "Let love be genuine; hate what is evil, hold fast to what is good; ¹⁰love one another with mutual affection; outdo one another in showing honor. ¹¹Do not lag in zeal, be ardent in spirit, serve the Lord. ¹²Rejoice in hope, be patient in suffering, persevere in prayer. ¹³Contribute to the needs of the saints; extend hospitality to strangers. ⁴Bless those who persecute you; bless and do not curse them. ¹⁵Rejoice with those who rejoice, weep with those who weep. ¹⁶Live in harmony with one another; do not be haughty, but associate with the lowly; do not claim to be wiser than you are. ¹⁷Do not repay anyone evil for evil, but take thought for what is noble in the sight of all. ¹⁸If it is possible, so far as it depends on you, live peaceably with all."

Kindness



Matthew 25:35-40: (NRSV) "35...for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, ³⁶I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me.' ³⁷Then the righteous will answer him, 'Lord, when was it that we saw you hungry and gave you food, or thirsty and gave you something to drink? ³⁸And when was it that we saw you a stranger and welcomed you, or naked and gave you clothing? ³⁹And when was it that we saw you sick or in prison and visited you?" ⁴⁰And the king will answer them, 'Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me."

Funerals or wakes are never at convenient times (!), but we must be willing to go out of our way to support another.

Compassion

Matthew 9:35-38: (NRSV) "35Then Jesus went about all the cities and villages, teaching in their synagogues, and proclaiming the good news of the kingdom, and curing every disease and every sickness. ³⁶When he saw the crowds, he had compassion for them, because they were harassed and helpless, like sheep without a shepherd. 37Then he said to his disciples, "The harvest is plentiful, but the laborers are few; ³⁸therefore ask the Lord of the harvest to send out laborers into his harvest."

1 Peter 3:8-9: (NRSV) "Finally, all of you, have unity of spirit, sympathy, love for one another, a tender heart, and a humble mind. Do not repay evil for evil or abuse for abuse; but, on the contrary, repay with a blessing. It is for this that you were called--that you might inherit a blessing."

If someone we don't always agree with has lost a loved one, we should be able to "step over" the things disagreed upon and enter into their grief. That is the "unity of spirit" expressed through compassion.



(Source: www.personaldevelopment.suite101.com, Coping with Death, How to Handle the Death of a Loved One and Move Forward, January 29, 2008, Scott Mayes, continued...)

Allow for Time to Heal: The frown won't change in a second. It will take time.

At first, when you remember your loved one, it's going to hurt. Honoring them will help because it will help you feel like the memory is alive, even when the person is not.

At some later date, you will remember them with a smile and a fond memory. That happens at a different time for everyone. Your time will come. But don't try to rush it.

What can we give to help?

One of the best pieces of advice I ever heard regarding helping those who grieve - don't say, "if there is anything I can do, just call!" They won't! Instead say something like "I'd like to be able to help you with (fill in a task, responsibility etc...). I'm available immediately or in the next few weeks, which would be better for you?"

1 Corinthians 12:20-26: (NKJV) "²⁰But now indeed there are many members, yet one body. ²¹And the eye cannot say to the hand, "I have no need of you"; nor again the head to the feet, "I have no need of you." ²²No, much rather, those members of the body which seem to be weaker are necessary. ²³And those members of the body which we think to be less honorable, on these we bestow greater honor; and our unpresentable parts have greater modesty, ²⁴but our presentable parts have no need. But God composed the body, having given greater honor to that part which lacks it, ²⁵that there should be no schism in the body, but that the members should have the same care for one another. ²⁶And if one member suffers, all the members suffer with it; or if one member is honored, all the members rejoice with it."

We need to mutually support one another. This is the time to be unified and work together.

Ecclesiastes 3:1-8: (NRSV) "¹For everything there is a season, and a time for every matter under heaven: ²a time to be born, and a time to die; a time to plant, and a time to pluck up what is planted; ³a time to kill, and a time to heal; a time to break down, and a time to build up; ⁴a time to weep, and a time to laugh; a time to mourn, and a time to dance; ⁵a time to throw away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing; ⁶a time to seek, and a time to lose; a time to keep, and a time to throw away; ⁷a time to tear, and a time to sew; a time to keep silence, and a time to speak; ⁸a time to love, and a time to hate; a time for war, and a time for peace."

The time for healing comes after the time of mourning. Mourning begins the healing process. We need to allow people to go through their pain in order to move forward.

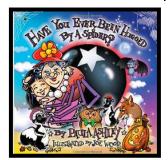


Think About Their Wishes: What would they want you to do? They probably wouldn't want you sitting around feeling sorry for yourself. This will be hard in the beginning. But, as time begins to heal, think of ways to live your life that will honor the loved one. Being the best you can be, knowing that they are counting on you to do that will help. You can go on with your life and bring them with you. That's what they'd want.



Our friend Paula Ashley recently passed away of cancer, leaving behind her two young children and husband. She left behind a wonderful example of

acquiescence to the Lord's will under extreme adversity. In the year before she died, she wrote a children's book called, "Have You Ever Been Hugged by a Spider?" available on Amazon.com. A portion of the proceeds are donated to pancreatic cancer research.



What can we give to help?

Courage

Philippians 4:12-13: (NRSV) "¹²I know what it is to have little, and I know what it is to have plenty. In any and all circumstances I have learned the secret of being well-fed and of going hungry, of having plenty and of being in need. ¹³I can do all things through him who strengthens me."

Romans 8:35-39: (NRSV) "35Who will separate us from the love of Christ? Will hardship, or distress, or persecution, or famine, or nakedness, or peril, or sword? 36As it is written, "For your sake we are being killed all day long; we are accounted as sheep to be slaughtered." 37No, in all these things we are more than conquerors through him who loved us. 38For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, 39nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord."

Hope

Psalms 31:22-24: (NRSV) "²²I had said in my alarm," I am driven far from your sight." But you heard my supplications when I cried out to you for help. ²³Love the LORD, all you his saints. The LORD preserves the faithful, but abundantly repays the one who acts haughtily. ²⁴Be strong, and let your heart take courage, all you who wait for the LORD."

Sometimes in the difficulty, we feel like we are driven far from the sight of God. The reality is that God hears our supplications and we can be strong with courage as we wait for the Lord. (God is *always* on time.)

Romans 5:1-5: (NRSV) "¹Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ, ²through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. ³And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, ⁴and endurance produces character, and character produces hope, ⁵and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us."

Suffering produces endurance. If we are rightly exercised by the suffering, time well-used heals all wounds. Endurance produces character and character produces hope.

(Source: http://www.extraordinarygriefexperiences.com, The Forgotten Factor in Coping with the Death of Your Loved One, by Lou LaGrand)

No one is immune from the sad experience of grieving the death of a loved one... Acceptance means saying an intellectual, but more importantly, an emotional "yes" to this major change in our lives.

Acceptance only comes through the concerted efforts of the person who is mourning. Contrary to an old piece of misinformation, time does not heal all wounds, unless the mourner does



his/her grief work. Or, as a mother once said to me after the death of her 17 year old son in a car accident, "Time doesn't help unless you work between the minutes."

The key understanding is that you must take daily action toward acceptance and reinvesting in life. All of this is easy to say but difficult to do. So what form should the action take? Here are five beginnings.

- 1. Talk to yourself every day and night that you will get through this dark soul-searching experience. What you say to yourself not only affects every cell in your body for good or for bad, but it will heavily affect the much needed action that only you can initiate.
- 2. Although essential, positive self-talk alone is not a panacea. You must start engineering small successes in order to realize you can adapt to this major life-change....
- 3. Recognize how far you have come. When you review your day, give yourself credit for where you are in your journey. If it has only been a month or several months, note that you are still going and will continue to persist. Every day tell yourself you will keep at it and know that things will change for the better....
- 4. Examine why you are where you are in your grief work. What skills have you used? Or what hidden talent have you uncovered that you didn't realize you had? Something has gotten you this far....
- 5. Start and end each day with gratitude memories. This will be especially useful when you feel that downward spiral and anxiety over your loss starts to creep in.

Dr. LaGrand is a grief counselor and the author of eight books, the most recent, the popular Love Lives On: Learning from the Extraordinary Encounters of the Bereaved....



Remember where we started?

<u>Matthew 5:4</u>: (NRSV) "Blessed are those who mourn, for they will be comforted.

The comfort to those who mourn in the following text goes far beyond the alleviation of present sorrow, it encompasses ALL sorrow!!

Isaiah 61:1-4: (NRSV) "The spirit of the Lord GOD is upon me, because the LORD has anointed me; he has sent me to bring good news to the oppressed, to bind up the brokenhearted, to proclaim liberty to the captives, and release to the prisoners; to proclaim the year of the Lord's favor, and the day of vengeance of our God; to comfort all who mourn; to provide for those who mourn in Zion-- to give them a garland instead of ashes, the oil of gladness instead of mourning, the mantle of praise instead of a faint spirit. They will be called oaks of righteousness, the planting of the LORD, to display his glory. They shall build up the ancient ruins, they shall raise up the former devastations; they shall repair the ruined cities, the devastations of many generations."

- Comfort ALL who mourn;
- Replace the ashes on one's head of sorrow with a garland
 a beautiful ornament for their head;
- Replace the pain of mourning with the soothing oil of gladness;
- Replace the faint and heavy spirit with a mantle of PRAISE.

What does this mean? It means that the ultimate comfort, the ultimate hope and the ultimate acceptance lies in the promises of God. These promises as we shall see include a resurrection of all men!



Salvation is for every man, woman and child who has ever walked this earth:

A clear picture of the coming resurrection:

John 11:21-25: (NKJV) "²¹Now Martha said to Jesus, "Lord, if You had been here, my brother would not have died. ²²But even now I know that whatever You ask of God, God will give You." ²³Jesus said to her, "Your brother will rise again." ²⁴Martha said to Him, "I know that he will rise again in the resurrection at the last day." ²⁵Jesus said to her, "I am the resurrection and the life. He who believes in Me, though he may die, he shall live."

<u>Luke 2:10</u>: (KJV) "And the angel said unto them, Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people."

Colossians 1:18-20: (NRSV) "¹⁸He is the head of the body, the church; he is the beginning, the firstborn from the dead, so that he might come to have first place in everything. ¹⁹For in him all the fullness of God was pleased to dwell, ²⁰and through him God was pleased to reconcile to himself all things, whether on earth or in heaven, by making peace through the blood of his cross."

<u>1 Corinthians 15:20-22</u>: (NRSV) "²⁰But in fact Christ has been raised from the dead, the first fruits of those who have died. ²¹For since death came through a human being, the resurrection of the dead has also come through a human being; ²²for as all die in Adam, so all will be made alive in Christ."

This is a bigger hope than just getting through the day.

1 Timothy 2:3-4: (KJV) "³For this is good and acceptable in the sight of God our Saviour; ⁴Who will have all men to be saved, and to come unto the **knowledge** <1922> of the truth."

Knowledge: Strongs #1922. epignwsiv epignosis *ep-ig'-no-sis*; <u>recognition</u>, (by implication) full discernment, acknowledgement

1 Timothy 2:5-6: (KJV) "⁵For there is one God, and one mediator between God and men, the man Christ Jesus; ⁶Who gave himself a ransom <487> for all, to be testified in due time."

Ransom: Strongs #487 antilutron antilutron *an-til'-oo-tron* What is given in exchange for another as the price of his redemption, ransom

AV-ransom 2; 2 1) the price for redeeming, ransom 1a) paid for slaves, captives 1b) for the ransom of life 2) to liberate many from misery and the penalty of their sins

"How Can I Keep From Singing," sung by SheDaisy



So how do we cope with personal loss?
For Jonathan and Rick and Christian Questions...
Think about it...!



For Your Continued Study:

Psalms 71:1-6: (NRSV) "In you, O LORD, I take refuge; let me never be put to shame. In your righteousness deliver me and rescue me; incline your ear to me and save me. Be to me a rock of refuge, a strong fortress, to save me, for you are my rock and my fortress. Rescue me, O my God, from the hand of the wicked, from the grasp of the unjust and cruel. For you, O Lord, are my hope, my trust, O LORD, from my youth. Upon you I have leaned from my birth; it was you who took me from my mother's womb. My praise is continually of you."

Hebrews 9:24-28: (NRSV) "²⁴For Christ did not enter a sanctuary made by human hands, a mere copy of the true one, but he entered into heaven itself, now to appear in the presence of God on our behalf. ²⁵Nor was it to offer himself again and again, as the high priest enters the Holy Place year after year with blood that is not his own; ²⁶for then he would have had to suffer again and again since the foundation of the world. But as it is, he has appeared once for all at the end of the age to remove sin by the sacrifice of himself. ²⁷And just as it is appointed for mortals to die once, and after that the judgment, ²⁸so Christ, having been offered once to bear the sins of many, will appear a second time, not to deal with sin, but to save those who are eagerly waiting for him."

Jeremiah 31:34: (KJV) "And they shall teach no more every man his neighbour, and every man his brother, saying, Know the LORD: for they shall all know me, from the least of them unto the greatest of them, saith the LORD: for I will forgive their iniquity, and I will remember their sin no more."

<u>Isaiah 9:6-7:</u> (NRSV) "For a child has been born for us, a son given to us; authority rests upon his shoulders; and he is named Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace. His authority shall grow continually, and there shall be endless peace for the throne of David and his kingdom. He will establish and uphold it with justice and with righteousness from this time onward and forevermore. The zeal of the LORD of hosts will do this."

<u>Psalms 145:9-13</u>: (NRSV) "⁹The LORD is good to all, and his compassion is over all that he has made. ¹⁰All your works shall give thanks to you, O LORD, and all your faithful shall bless you. ¹¹They shall speak of the glory of your kingdom, and tell of your power, ¹²to make known to all people your mighty deeds, and the glorious splendor of your kingdom. ¹³Your kingdom is an everlasting kingdom, and your dominion endures throughout all generations. The LORD is faithful in all his words, and gracious in all his deeds."

Rev 21:1-4: (KJV) "'And I saw a new heaven and a new earth: for the first heaven and the first earth were passed away; and there was no more sea. ²And I John saw the holy city, new Jerusalem, coming down from God out of heaven, prepared as a bride adorned for her husband. ³And I heard a great voice out of heaven saying, Behold, the tabernacle of God is with men, and he will dwell with them, and they shall be his people, and God himself shall be with them, and be their God. ⁴And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away."