



THE PAIN OF LOSS

by Whitney Davis

Many women are grieving and experiencing the pain of loss. The global pandemic upended our lives. Some have experienced losing a job, the loss of routine and normalcy, the loss of precious time with those they love, and even lost loved ones to death. Some are struggling with losing “what was” and finding it difficult to know where to go from here. Some people are grieving over broken relationships. The circumstances of life affect us all, and none of us are immune to the pain inflicted by our trials. Grief impacts us all in different ways. There are stages of grief that many are familiar with: denial, anger, bargaining, depression, and acceptance. Some may move through this progression linearly, and some may jump all around these stages and then circle back around time and time again. The journey through grief is usually a long one. But you aren’t alone.

Let’s explore some helpful truths to anchor us during the pain of loss.

1.) TRUTH #1: THE LORD IS NEAR.

“The Lord is near to the brokenhearted and saves the crushed in spirit.” Psalm 34:18

The gospel story is simply that Jesus the Savior loved you so much that he made way for your salvation from the beginning of time. The Lord is your Savior. We were never promised to be exempt from suffering, and it is in our pain that the Lord draws us close. Many people express that they have experienced the sweetest nearness of Jesus in the darkest nights of their souls. Embrace the proximity of the Lord in your brokenness. You can trust Him to save your crushed spirit.

2.) TRUTH # 2: DESPITE THE DESPAIR, THERE IS GREAT HOPE.

“Brothers and sisters, we do not want you to be uninformed about those who sleep in death, so that you do not grieve like the rest of mankind, who have no hope. For we believe that Jesus died and rose again, and so we believe that God will bring with Jesus those who have fallen asleep in him” I Thessalonians 4:13-14

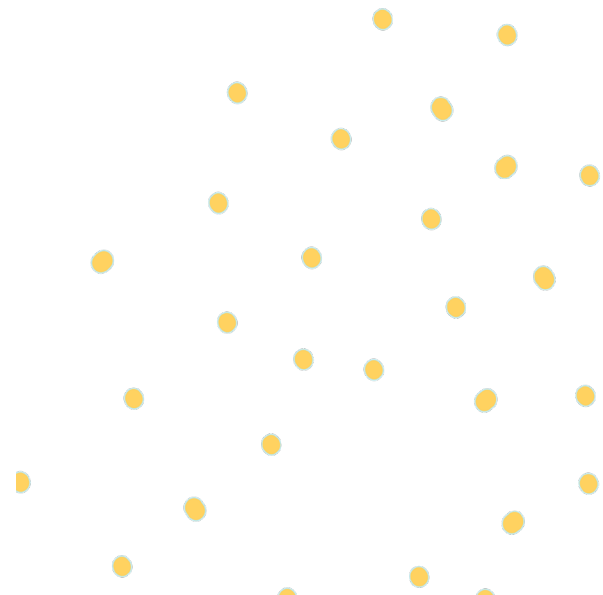
In this passage, Paul is addressing what happens to Christians who die before Jesus returns. He wants us to know that death should not cause us to grieve like unbelievers. There is a bright promise of seeing departed believers again. When Jesus returns from heaven, He will bring deceased Christians with Him. Because of Jesus, we experience the pain of temporary separation from those we love, but we can be confident that hope anchors our soul. Our eternity is secure, and the message of the cross displays give us hope in the darkness.

3.) SUPERNATURAL PEACE IS OURS.

“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.” Philippians 4:6-7

Grief is an emotional experience. It can make many feel like they are spinning out of control or “losing their mind.” In these moments, we make our cries known to the Lord, and He promises peace beyond anything that makes sense to be with us. Our hearts and minds are secure in Jesus. What solace we can find in clinging to this truth! It’s as if we are hanging out in the eye of the storm. The storm is still present, and it isn’t over, but stillness and the peace of Christ can be ours amid our suffering.

We can’t bypass grief or the pain of loss. There’s no path to the other side except to go through it. Cling to the promises of God today- trust that the Lord is near and will save you, remember you can always cling to hope no matter how dark your night may seem, and embrace the peace of God-it’s yours.





CONVERSATION STARTERS:

- 1.) Share about a loss that you have experienced and how it impacted you.
- 2.) What can you do to help cling to the truth of what God promises during the pain of loss?
- 3.) What does grieving with hope mean to you?
- 4.) How would you describe the peace of God?

CALL TO ACTION:

- 1.) Evaluate your heart, mind, and emotions. Are you grieving anything currently? Spend some time journaling these feelings and cry out to the Lord.
- 2.) Spend some time in prayer this week. Pray for your journey with grief and for those you know who may be grieving as well. Reach out with an encouraging word to someone you love who is struggling with loss.

Commit to rest in the nearness and peace of Jesus this week. If you are experiencing the pain of loss, allow Jesus to be near and meet you in your brokenness.

MEMORIZE: “The Lord is near to the brokenhearted and saves the crushed in spirit.” Psalm 34:18

