



Forgive Luke 17 Good Grief

- **PRAYER BOARD**
- **ANNOUNCEMENTS**

Forgiveness: 2/10th, 2/17th (Gone), 2/24th, 3/3rd, 3/10th

1. *Forgiveness as Worship: The Six Challenges of Forgiveness in Luke 17 (add Communion notes to this: Communion = celebration of forgiveness, Communion is worship.)*

Forgiveness is not 'a choice' for Christians:

- #1.) LIVE a lifestyle that does not cause others to stumble (Matthew 18:6; Mark 9:42)
- #2.) GUARD your heart.
- #3.) GUARD your heart so you can rebuke while taking no offense
- #4.) Living as a forgiven person comes with responsibilities.
- #5.) ASK for supernatural help
- #6.) **Forgiveness is an act of duty....forgiveness is an act of Worship**

2. *What Forgiveness Is/What Forgiveness is Not*
3. *The Role of Anger in Forgiveness: Is it legitimate?* THE BLESSING OF ANGER
4. *Forgiving Oneself (Understanding Your Salvation) – Begins with understanding GRACE*
 - I. **The Tension of Self Esteem** (Pride V.S. Self Love? Acceptance? Embrace? Respect.)
 - II. **What Give Us Value?**
 - III. **Resiliency**

Understanding you are on purpose Psalm 139:13-16 **I.Am.On Purpose.**

5. *Living IN Equity*
Filling our Jesus sized spaces with people instead of Him. Causes us to need them too much and stops healthy conflict. Leaving our Jesus sized spaces empty. Causes us to island ourselves off and begin the walk down the road of isolation.
6. **Good Grief** [2/10]
7. *Boundaries in Forgiveness* [2/17]
8. *Necessary Endings: The Wise, The Foolish, The Evil* [2/24]
9. *Addressing Conflict: Peace Maker v.s. Peace Lover/Making Judgements* [3/3]
10. *The Art of Relinquishing Control* [3/10] Love yr Enemies notes from MNBS
 - *Celebrating Communion as an ACT of FORGIVENESS [slaps us with forgiveness each time we enter into this ordinance].*

*Have you ever wondered if God really sees you?
Have you ever wondered if God really can love you?
Have you ever wondered if God could really forgive your horrible past?
Have you ever felt worthless even though you love Jesus?*

If we ever have, then we do not understand what happened when we met Jesus at Salvation.

Come, find out what Jesus' love really does:

Soteriology – a.k.a. The Salvation Principle

Beginning March 17th, Pr. Orleen and the Wednesday Night Crew as we unpack the meaning of our SALVATION.

Soteriology is the branch of theology dealing with the study of salvation. The term comes from the Greek soterion, "salvation," and is also related to soter, "savior." **Soteriology** relates to several other branches of theology in that it asks who is saved, by whom, from what, and by what means.



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“The patterns you learn at home growing up are continued into adulthood. Your family members are the ones you learned to organize your life around, so they are able to send you back to old patterns by their very presence, and you can begin to act automatically out of memory instead of growth.” Henry Cloud

Good Grief

The inability to forgive is often driven by pessimism that life will never progress beyond the current grief. So, why should I?

Trying to forgive just stirs all this crap back up again.

Because: Grief is good. It is the outlet for sorrow, trauma, emotional pain to travel through so it does not control us.

Define Grief: sorrow. Misery. Sadness. Anguish. Pain. Distress. Agony. Heartache. Desolation. Despondency. Dejection. Angst. Lament. Despair. Affliction. Suffering. Woe. Remorse. Regret. **HOW CAN THIS BE GOOD?**

1. **intense sorrow:** great sadness, especially as a result of a death
2. **cause of intense sorrow:** the cause of intense, deep, and profound sorrow, especially a specific event or situation
3. **trouble:** annoyance or trouble (informal)

To Mourn = BIBLES WORD FOR GRIEF

Feel or show deep sorrow or regret for someone or their death.

Grieve for. Sorrow over. Lament for. Weep for. Keen for.

Feel regret or sadness about loss or disappearance of something

Deplore. Bewail. Bemoan. Rue. Regret.

Matthew 5:4 *“Blessed are those who mourn for they shall be comforted.”*

[What is the relationship between mourning and comforting?]

Can grief be a natural reaction to any loss?

ASK: What types of losses are there?

Divorce of relationship breakup

Loss of health

Losing a job

Loss of financial stability

Death

Miscarriage

Retirement

Betrayal

Changing jobs

Death of a pet

Loss of a cherished dream

Serious illness

Loss of a friendship

Loss of safety, health, relationships after trauma

Selling of the family home

Graduating from College

ASK: What can I add to this list?



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ASK: Do I let myself grieve my losses?

How would I know? What does grieving look like? What does my grieving look like?

There is a starting point:

Your job is to notice/acknowledge, define and then manage your grief.

Not excuse it away. Or pretend it is not important or invisible. Or to drown in it.

NOTICE:

Grief reactions can contain:

- A sense of hopelessness that does not easily fade.
- Social withdrawal-you don't want to be bothered.
- The loss of joy.
- Lack of enthusiasm regarding someone else's good fortune.
- Feeling distant from God, wondering if He is really there.
- Feeling physically as well as emotionally drained.
- Difficulty in cheering up.
- Pessimism about the future.
- Feeling as if your life contains 'unfinished business.
- Sad mood more prominent than normal.
- Reminiscing about the past more than usual.
- Feelings of hurt or emotional pain that do not readily go away.
- Fixation on what the offending party deserves

DEFINE:

5 Stages of Grief

Denial: "This CANNOT be happening to me!"

refuse, deprive, withhold, begrudge, reject, turn down

One of the biggest costs of denial, it increases your emotional healing time since you are only storing up emotions that grow more intense and more negative with time.

- **Shock and denial.** This is a state of disbelief and numbed feelings.
- **Pain and guilt.** You may feel that the loss is unbearable and that you're making other people's lives harder because of your feelings and needs.

Anger: "WHY is this happening to me?"

annoyance, irritation, fury, rage, antagonism, resentment, ire, wrath, dander

Bargain: "MAKE this not happen and in return I will..."

haggle, barter, negotiate, make a deal, trade, wheel and deal, broker



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- **Anger and bargaining.** You may lash out, telling God or a higher power that you'll do anything they ask if they'll only grant you relief from these feelings.

Depression: "I am just too sad to DO anything."

unhappiness, despair, sadness, downheartedness, misery, hopelessness, melancholy, dejection, gloominess

- **Depression.** This may be a period of isolation and loneliness during which you process and reflect on the loss.
- **The upward turn.** "I can breathe amidst this pain."
At this point, the stages of grief like anger and pain have died down, and you're left in a more calm and relaxed state.
- **Reconstruction and working through.** "I can put some pieces of my life in place."
You can begin to put pieces of your life back together and carry forward.

Acceptance: "I have made peace with what has happened."

agree, assent, acquiesce, concur, believe, acknowledge, credence, agreement, approve

- **Acceptance and hope.** This is a very gradual acceptance of the new way of life and a feeling of possibility in the future.
- *Do we conquer each stage?*
- *Do we graduate from each stage?*
- *Do we cycle through each stage?*
- *Do we ever revisit a stage we thought we had processed through already?*
- *Must we go through each stage?*
- *And in order?*
- *Can my grief for an event/person be reignited? (i.e. Triggered by special events or what would have been historical milestones.)*

The 7 stages of grief

- **Shock and denial.** This is a state of disbelief and numbed feelings.
- **Pain and guilt.** You may feel that the loss is unbearable and that you're making other people's lives harder because of your feelings and needs.
- **Anger and bargaining.** You may lash out, telling God or a higher power that you'll do anything they ask if they'll only grant you relief from these feelings.
- **Depression.** This may be a period of isolation and loneliness during which you process and reflect on the loss.
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- **Acceptance and hope.** This is a very gradual acceptance of the new way of life and a feeling of possibility in the future.

As an example, this may be the presentation of stages from a breakup or divorce:

- Shock and denial: "She absolutely wouldn't do this to me. She'll realize she's wrong and be back here tomorrow."
- Pain and guilt: "How could she do this to me? How selfish is she? How did I mess this up?"
- Anger and bargaining: "If she'll give me another chance, I'll be a better boyfriend. I'll dote on her and give her everything she asks."
- Depression: "I'll never have another relationship. I'm doomed to fail everyone."
- The upward turn: "The end was hard, but there could be a place in the future where I could see myself in another relationship."



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- Reconstruction and working through: "I need to evaluate that relationship and learn from my mistakes."
- Acceptance and hope: "I have a lot to offer another person. I just have to meet them."

2 Corinthians 7:10

¹⁰ For godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death.

NLT ¹⁰ For the kind of sorrow God wants us to experience leads us away from sin and results in salvation. There's no regret for that kind of sorrow. But worldly sorrow, which lacks repentance, results in spiritual death.

MANAGING MY GRIEF

1. Inviting Jesus into my grief

Reading the Word
Worshipping even though...
Worship music
Journaling to Him

Helps:

Self Care – Walking, exercising, art/creativity

2. Dealing with my Anger

Feelings needing to process can contain those of resentment, exasperation, revenge, panic. These can fuel anger. Sometimes, the need to blame someone or someplace or something gets funneled into anger.

Helps:

See Anger as a blessing/gift.
Pop-up tab that lets us know something is wrong.
Stay away from all-or-nothing statements.
Identify what is fueling your anger.

3. Recognizing Shock

Shock is a blunt force experience. You did not see it coming. Numb is the feeling. "I cannot believe this has happened." It will take time to travel the phases of grief.

Helps:

Be with others.

4. Allowing Sadness

Despair. Yearning. Tears. Isolation. Emptiness.

Helps:

Talk
Creativity (Writing, painting, glasswork, coding...)
I will be able to admit how hurt I have felt without making excuses for the wrongdoer.



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5. Recognizing Misplaced shame/embarrassment: Do not be ashamed to... hurt, mourn, feel anger....

A/DA The inability to forgive often exists in direct proportion to the tendency to hold on to unnecessary shame or embarrassment.

Byproducts of shame:

- Causes you to be phony.
- Inhibits you from being honest with others about your pain.
- Keeps you from being honest with yourself.

Helps:

Tell someone what you are feeling.

Remember your feelings do not define your character, your actions do.

Be willing to talk with someone who has encountered similar problems.

6. Acknowledging Fear

The “now what” of grief. Anxiousness, helplessness, insecurity.

How will my life now function without....

How will my life look now that I am.....

Helps:

Ask for help.

I can recognize openly the loss I have experienced.

I will allow trusted friends to know the extent of my loss.

If someone asks me, ‘How’s is it going?’, I can be honest.

I will let a trusted friend console me without feeling I’ve got to be strong.

7. Making room for Loneliness: Make room for loneliness

Be aware of different types of loneliness:

- Unmet needs
- Misunderstanding
- Unfulfilled desires
- Dashed Dreams
- Fear

Am I afraid of being alone? What decisions could you make because of this?

Helps:

Talk with someone about your lonely feelings. Goal is to be honest about your feelings.

Spend time alone. You need time to let your sad feelings to come forward.

Keep in touch with routine matters. Even when your feelings say otherwise.

Write about your feelings.

Do not assume to you have to be upbeat at all times in public.



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Live out your feelings...be honest.

Invite someone to monitor if you are isolating too much.

What adjustment might you make as you allow this aspect of grief to run its course?

While you are making room for loneliness you need to make time for the adjustments.

8. Defining Guilt

Misplaced or earned.

Regret – for what you have done or not done.

Feelings of relief after a long illness or struggle.

Helps:

TALK TO SOMEONE SAFE

When a friend offers words of comfort or consolation, receive it.

Be **thankful** for encouragement.

9. Embracing Repentance: Being mournful about sin.

What does this look like in today's society? (Is it even recognized? If you do not accept blame for your wrong doing, what other options can you choose...blame, secrecy, smoke screen, diminish importance)

Helps:

Recognizing sin as sin.

Allow yourself to run through the grief cycle even though you caused it.

10. Living with Reality Checks: Saying goodbye to some ideals!

In an ideal world...but what does this world look like?

What real world expectations should I have?

A/DA

As you choose to forgive, you are also choosing to set aside the hope for some ideal circumstances.

Helps:

- Talk your feelings over with a trusted individual.
- Write down those ideals that are no longer part of your world and disposed of them.
- Don't push yourself to forgive right away, but assume you will do so when the time is right.
- Allow yourself to feel sad.
- Create a HOPE list. Trusting the Lord for the future.
- Do not rush into rebuilding my old dreams.
- Allow the Lord to redefine your future.

Ask someone to let you know if you are:

- Speculating endlessly about what caused your wrong doer to act as he or she did.
- Obsessing about my loss, my pain.
- Fantasizing about "what if" .
- Constantly using the phrases like: 'I just can't believe'.



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REALITY brings surgical relief.

Unmanaged Grief Shows Up:

- **Physical Symptoms:**

Fatigue. Nausea. Lowered immunity. Weight loss or gain. Aches and pains. Insomnia

Matthew 5:4 **Blessed are those who mourn, for they shall be comforted.**

Avoiding Grief is a myth. It just hides, it does not disappear.

What would stand in the way of my grieving?

- **Emotional Negligence:** Not wanting to deal with these strong emotions

Keeping busy

Pretend it did not matter(denial)

Keeping numb: Drinking to excess, Drugs, Altered state

- **Distraction:**

Getting in to a new relationship too quickly

Shop therapy

- **Minimizing:**

Never talking about it, down playing it

- **Lies:**

If you do not cry it means you are not sorry for your loss.

Grieving should have a time limit.

Moving on means forgetting.

The pain will go away faster if you ignore it.

It is more important to remain “strong” than try to process feelings.

Psalm 30:10-12

¹⁰ Hear, O Lord, and be merciful to me!

O Lord, be my helper!”

¹¹ You have turned for me my mourning into dancing;

you have loosed my sackcloth

and clothed me with gladness,

¹² that my glory may sing your praise and not be silent.

O Lord my God, I will give thanks to you forever!



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Support:

Accept that many people feel awkward when trying to comfort someone who's grieving.
Invite friends and family members into your grief.

Draw comfort from your faith.
Join a support group.

Talk to a therapist or grief counselor.

Self Care:

Face your feelings.
Express your feelings in a tangible or creative way.
Try to maintain your hobbies and interests.
Do not let anyone tell you how to feel.
Do not tell yourself how to feel either.
Plan ahead for grief "triggers".
Look after your physical health.

SUPPORTING someone in mourning: Do not hurry them along or to find closure. Make sure they are eating, sleeping, connecting.

What is complicated Grief?

Symptoms of complicated grief include:

- Intense longing and yearning for your deceased loved one
- Intrusive thoughts or images of your loved one
- Denial of the death or sense of disbelief
- Imagining that your loved one is alive
- Searching for your deceased loved one in familiar places
- Avoiding things that remind you of your loved one
- Extreme anger or bitterness over your loss
- Feeling that life is empty or meaningless

Other symptoms that suggest depression, not just grief, include:

- Intense, pervasive sense of guilt
- Thoughts of suicide or a preoccupation with dying
- Feelings of hopelessness or worthlessness
- Slow speech and body movements
- Inability to function at home, work, and/or school
- Seeing or hearing things that aren't there

Contact a grief counselor or professional therapist if you:

1. Feel like life isn't worth living
2. Wish you had died with your loved one
3. Blame yourself for the loss or for failing to prevent it
4. Feel numb and disconnected from others for more than a few weeks
5. Are having difficulty trusting others since your loss
6. Are unable to perform your normal daily activities

Authors: Melinda Smith, M.A., Lawrence Robinson, and Jeanne Segal, Ph.D.

MOURN

56 .âbal (15), to bewail

57 .âbel (3), lamenting

578 .ânâh (1), to groan, lament

584 .ânach (1), to sigh, moan



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1897 ḥāḡāḥ (4), to murmur, utter a sound

5098 nāḥam (2), to growl, groan

5110 nuḡd (1), to deplore; to taunt

5594 ḡāḡhad (9), to tear the hair, wail

6937 qāḡdar (2), to mourn in dark garments

7300 ruḡd (1), to ramble

2875 kōḡḡto (1), to beat the breast

3996 penḡḡō (5), to grieve

3996 πενḡḡō [penḡḡo /pen·ḡḡo/] v. From 3997;
TDNT 6:40; TDNTA 825; GK 4291; 10 occurrences;
AV translates as “mourn” seven times, “wail” twice,
and “bewail” once. **1** to mourn. **2** to mourn for, lament

