

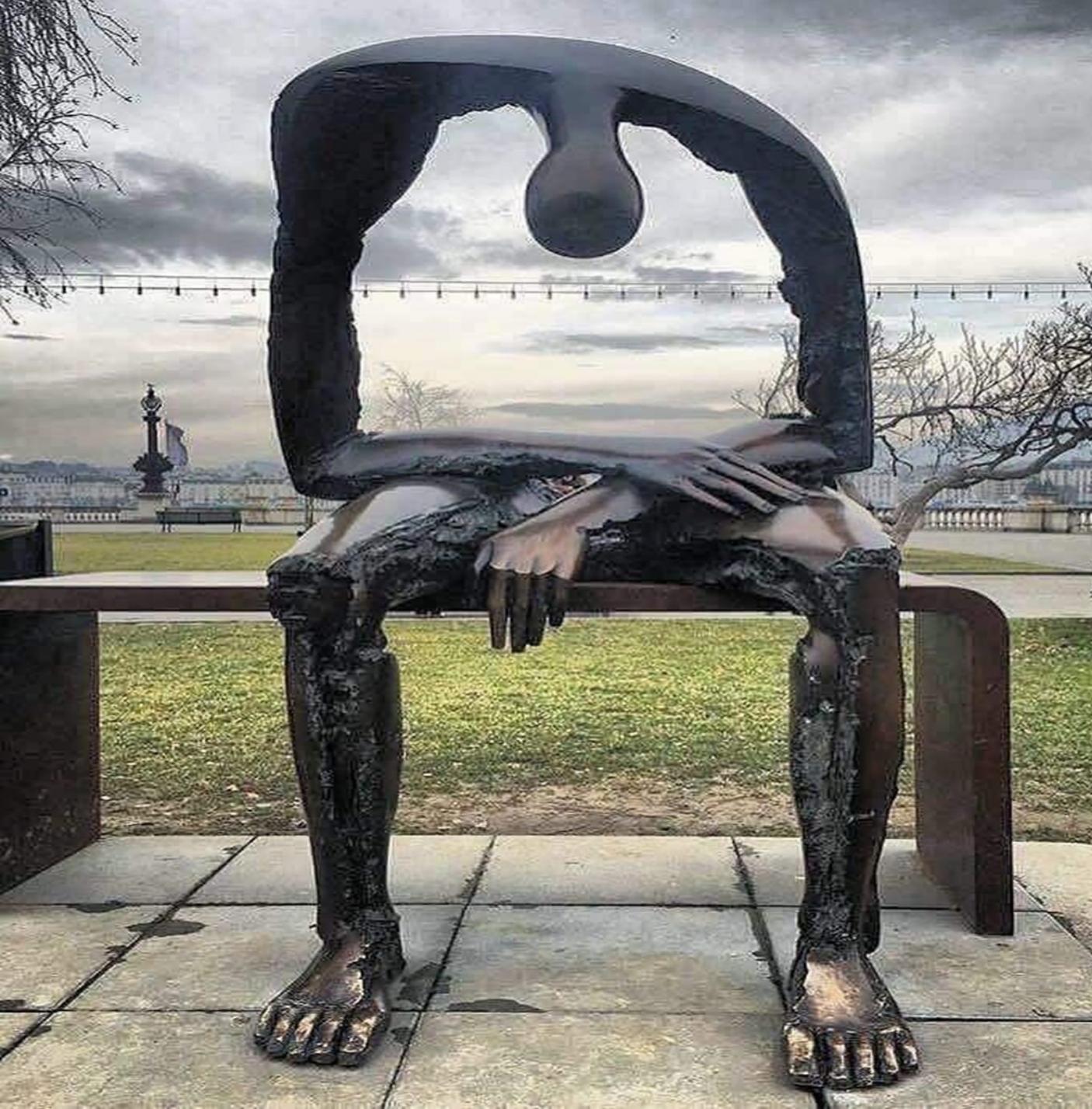


SUNGAI WAY-SUBANG METHODIST CHURCH



# WALKING THROUGH GRIEF

Dr Wong Moi Lee | 29 NOVEMBER 2020



WHAT DOES  
GRIEF LOOK  
LIKE ?



**Do you agree that Christians who are spiritual should not grieve as we have the Resurrection Hope?**

**Grieving has nothing to do with our spirituality and faith. It is the price of love.**





## **Ecclesiastes 3: 4-5. (NIV)**

There is a time to weep and a time to laugh; a time to mourn, and a time to dance.

## **1 Thess. 4: 13 (NIV)**

that we may not grieve as others do who have no hope.

# There are secondary losses incurred

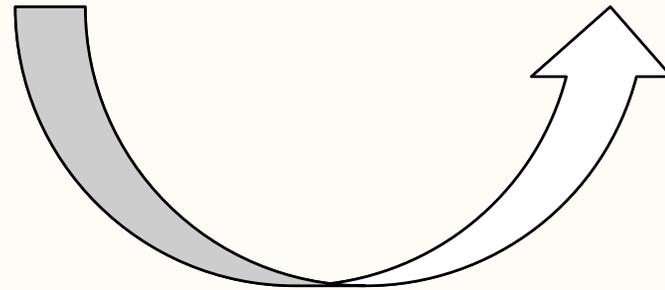
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## **First Loss:**

- ❖ Death

## **Second Loss:**

- ❖ Loss of hope & dream
- ❖ Loss of a mum's love
- ❖ Loss of a home
- ❖ Loss of support system
- ❖ Loss of security etc.



# Biblical Evidences of Grief and Mourning in OT

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- ❖ **Gen. 23:2b** Abraham went to mourn for Sarah and to weep over her.
- ❖ **Gen. 50:1** Joseph threw himself on his father and wept over him and kissed him.
- ❖ **2 Sam 1:11-12** Then David took hold of his clothes and tore them, and so did all the men who were with him. And they mourned and wept and fasted until evening for Saul and for Jonathan his son.



# John 11:33- 35 (NIV)

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**JESUS WEPT**

JOHN 11.33-35

<sup>33</sup> When Jesus saw her weeping, and the Jews who had come along with her also weeping, He was deeply moved in spirit and troubled.

<sup>34</sup> “Where have you laid him?” He asked.

“Come and see, Lord,” they replied.

<sup>35</sup> **Jesus wept.**



# John 11: 25 (NIV)

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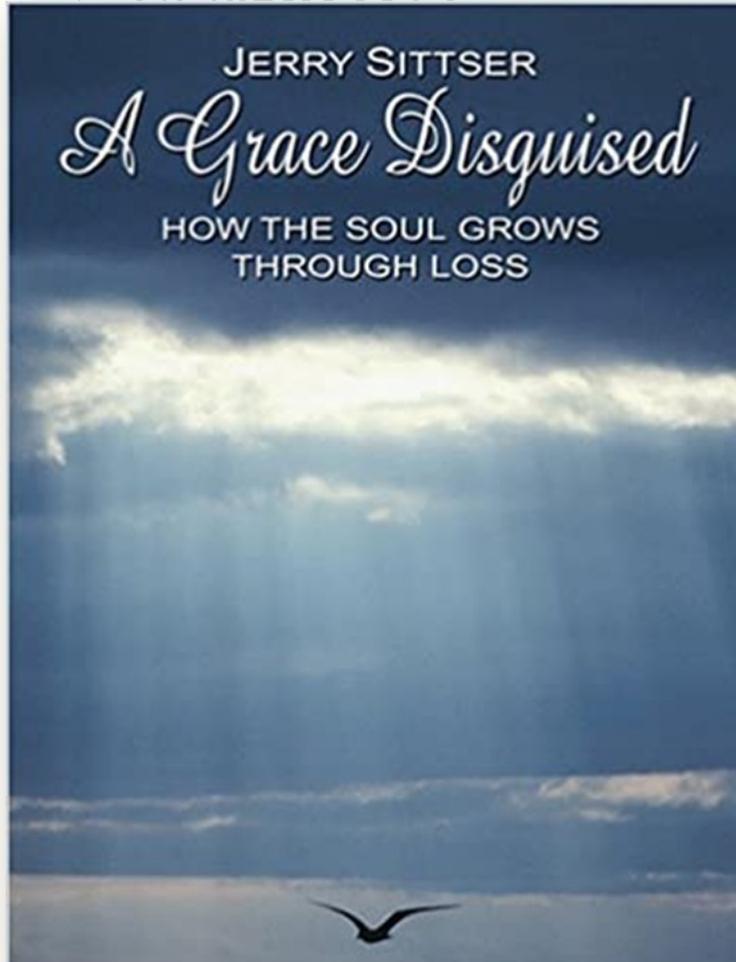
“I am the resurrection and the life. He who believes in Me will live, even though he dies”





# A Grace Disguised

by Jerry Sittser



“The decision to face the darkness, even if it led to overwhelming pain, showed me that the experience of loss itself does not have to be the defining moment of our lives.

Instead, the defining moment can be our response to the loss. It is not what happens to us that matters as much as what happens in us.

Darkness, it is true, had invaded my soul. But then again, so did light. Both contributed to my personal transformation”



*The*  
WOUNDED HEALER

Ministry in Contemporary Society

*In our own woundedness, we can become a source of life for others*

HENRI J. M. NOUWEN



Nobody escapes being wounded. We are all wounded people, whether physically, emotionally, mentally, or spiritually. The main question is not, 'How can we hide our wounds?' so we don't have to be embarrassed, but 'How can we put our woundedness in the service of others?' When our wounds cease to be a source of shame, and become a source of healing, we have become wounded healers.

Henri Nouwen



# 2 Corinthians 1:3-4 (NIV)

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<sup>3</sup> Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort,  
<sup>4</sup> **who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.**



# Story of Naomi

## Book of Ruth

- ❖ Naomi and Elimelech had 2 sons, Mahlon and Chilion.
- ❖ They lived in Bethlehem, but had to move to the neighbouring country of Moab due to a famine.
- ❖ There, both of the sons married Moabite women: Ruth and Orpa.
- ❖ But Elimelech, Mahlon and Chilion all died, leaving Naomi with only her 2 daughters-in-law in a foreign land.



# Ruth 1: 20-21 (NIV)

**<sup>20</sup> She said to them, “Do not call me Naomi; call me Mara, for the Almighty has dealt very bitterly with me.**

**<sup>21</sup> I went away full, and the LORD has brought me back empty. Why call me Naomi, when the LORD has testified against me and the Almighty has brought calamity upon me?”**



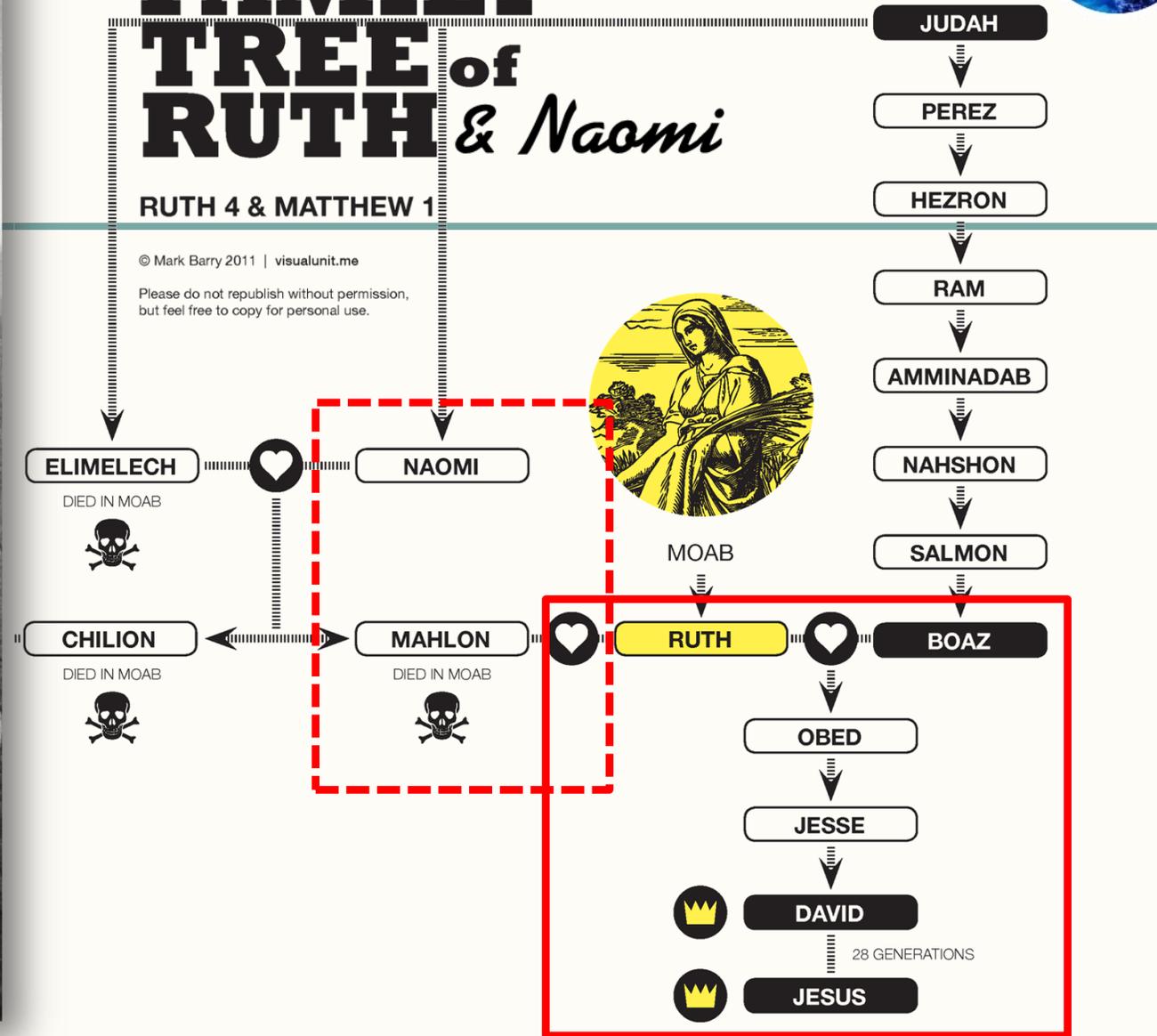
# FAMILY TREE of RUTH & Naomi

RUTH 4 & MATTHEW 1

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*a* LINEAGE  
*Five stories of unlikely women who changed eternity*  
of GRACE



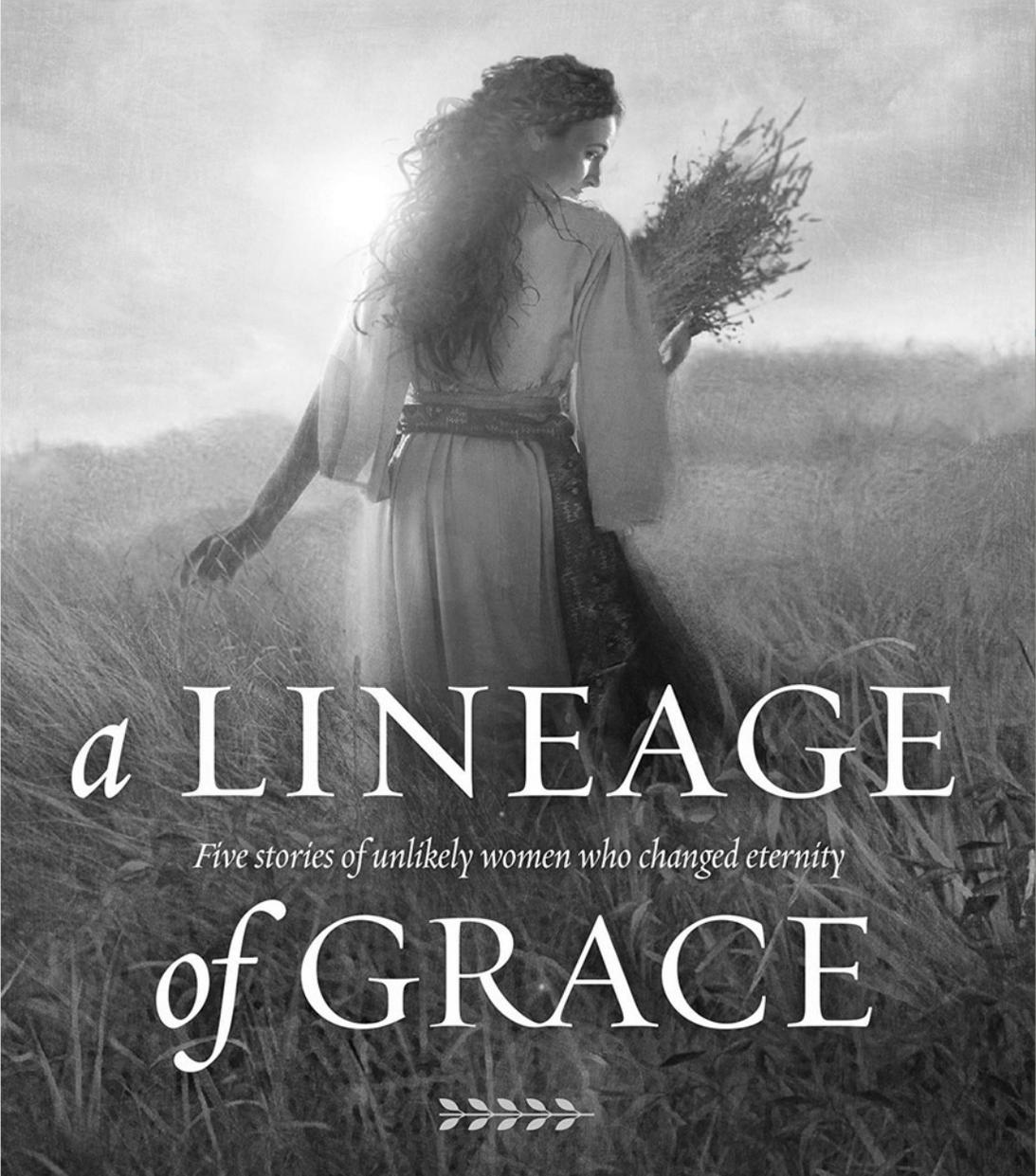


# **FAMILY TREE of RUTH & Naomi**

RUTH 4 & MATTHEW 1

**13** So Boaz took Ruth and she became his wife. When he made love to her, the LORD enabled her to conceive, and she gave birth to a son.

**14** The women said to Naomi: “Praise be to the LORD, who this day has not left you without a guardian-redeemer. May he become famous throughout Israel!



*a* LINEAGE

*Five stories of unlikely women who changed eternity*

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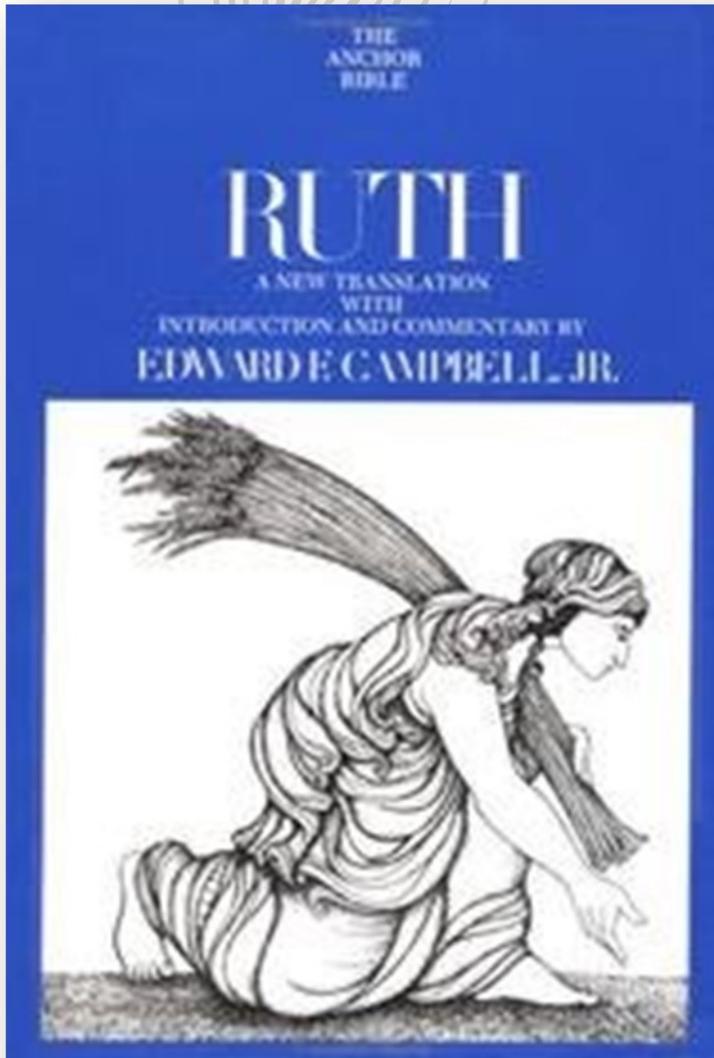
# Psalm 30 : 5 (NIV)

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**For His anger lasts only a moment,  
but His favor lasts a lifetime;  
weeping may stay for the night,  
but rejoicing comes in the morning.**



# Quote by Edward Campbell



“Not only is complaint tolerated by God, but it can even be the proper stance of a person who takes God seriously!

Naomi stands in the company of Jonah, Job and Jeremiah!”

# Recovering from Losses in Life

H. NORMAN  
WRIGHT

Recovering from Losses in Life



very active endeavor. Time will not heal those wounds because the memory has such a foothold. It will take all the steps of grieving, letting go, and saying good-bye that are found in the remaining chapters of this book. There is an abundance of

books available on the issue of being free from the past that can also be used. Some of these are my book *Making Peace with Your Past*, *Cutting Loose* by Howard Halpern, *Adult Children of Legal or Emotional Divorce* by Jim Conway, and *Love Is a Choice* by Robert Hemfelt, Frank Minirth, and Paul Meier.

When a child is wounded by losses in childhood, he or she could develop a tendency toward depression. For some there is a prevailing sense of sadness that lingers just beneath the surface. Occasional journeys into this realm are normal and give depth and balance to our lives. Sadness can cause us to become more contemplative, serious, thoughtful, and grateful and can give us a new purpose for living life to the fullest. However, constant



# THE DUAL PROCESS MODEL

of Coping with Grief helps us find the balance between facing the reality of our loss and learning to live our life after loss.

HEATHER STANG, MA

**Loss-  
oriented**

**balance**

**Restoration-  
oriented**

This bereavement model by Margaret Stroebe and Henk Schut, suggests that grief operates in two main ways and people switch back and forth between them as they grieve.

# The Dual Process of Bereavement by Stroebe and Schut

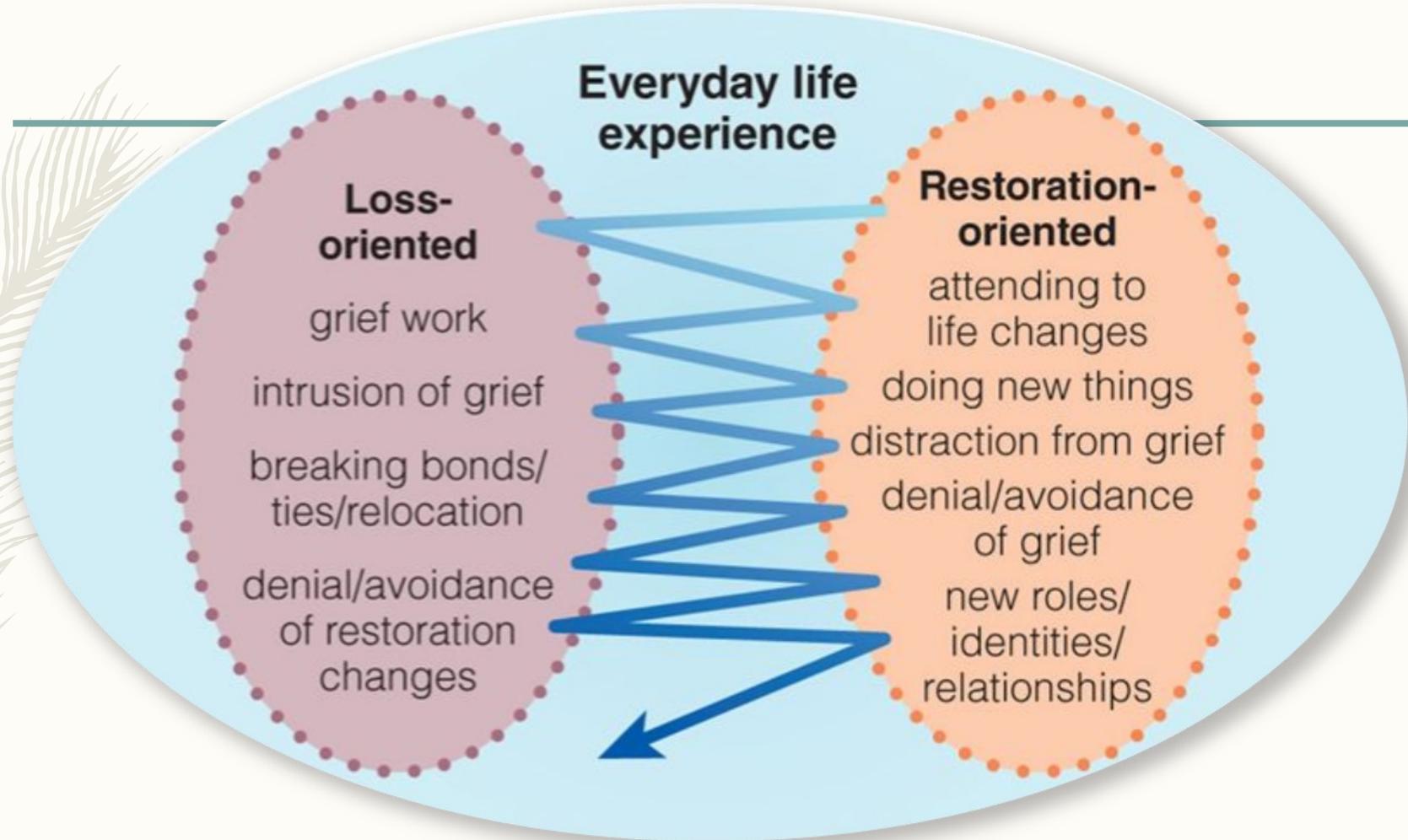


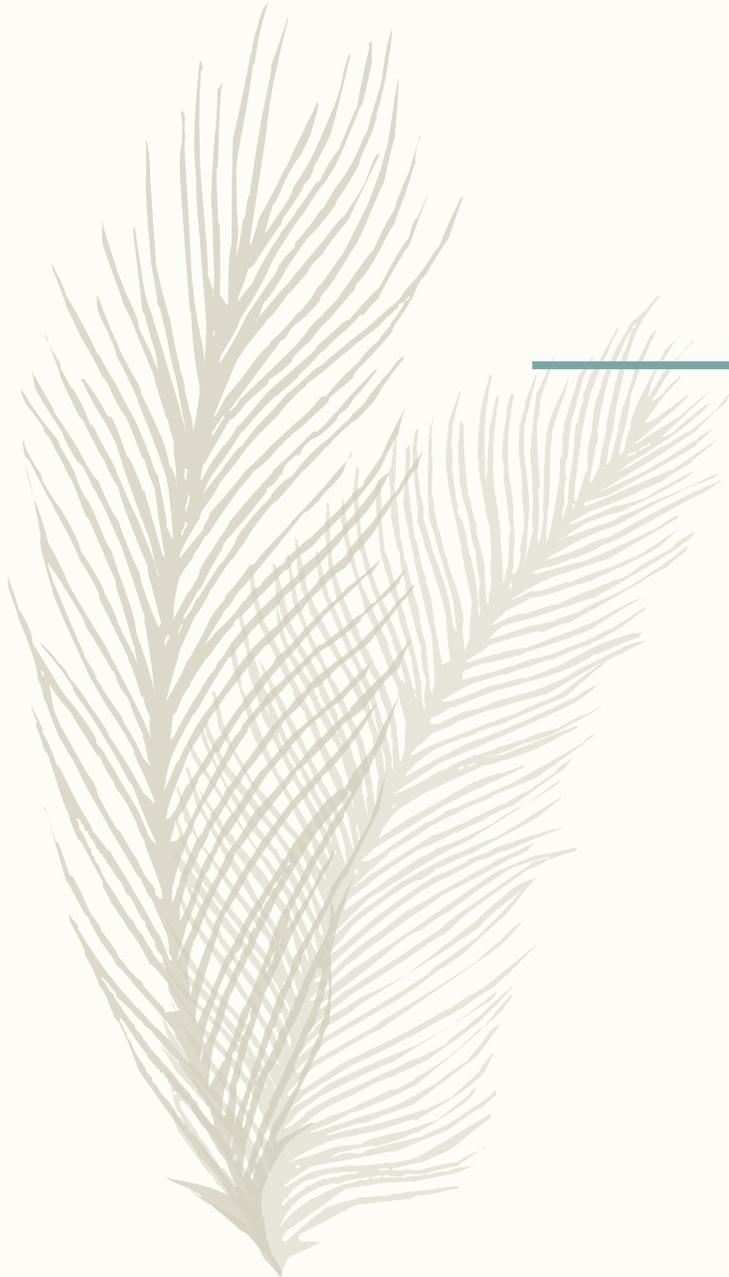
Figure 1. The Dual Process Model of Bereavement (Stroebe and Schut, 1999)



# Loss-Orientation

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- ❖ Concentrate on, dealing with, appraising, processing
- ❖ Of some aspects of the loss experience
- ❖ Focusing on the relationship, ties or bond with the deceased
- ❖ Involving a painful dwelling on, even searching for the departed
- ❖ Yearning for the deceased





# Restoration Orientation

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- ❖ Considers the stress of feelings of isolation, having to fulfil tasks that the person who died used to do (like cooking, cleaning, managing finances, etc.)
- ❖ Adapting to changes (e.g. identity, finance and new roles)
- ❖ This applies to the tasks of restoration.
- ❖ The struggles to rethink and reorient without the deceased.



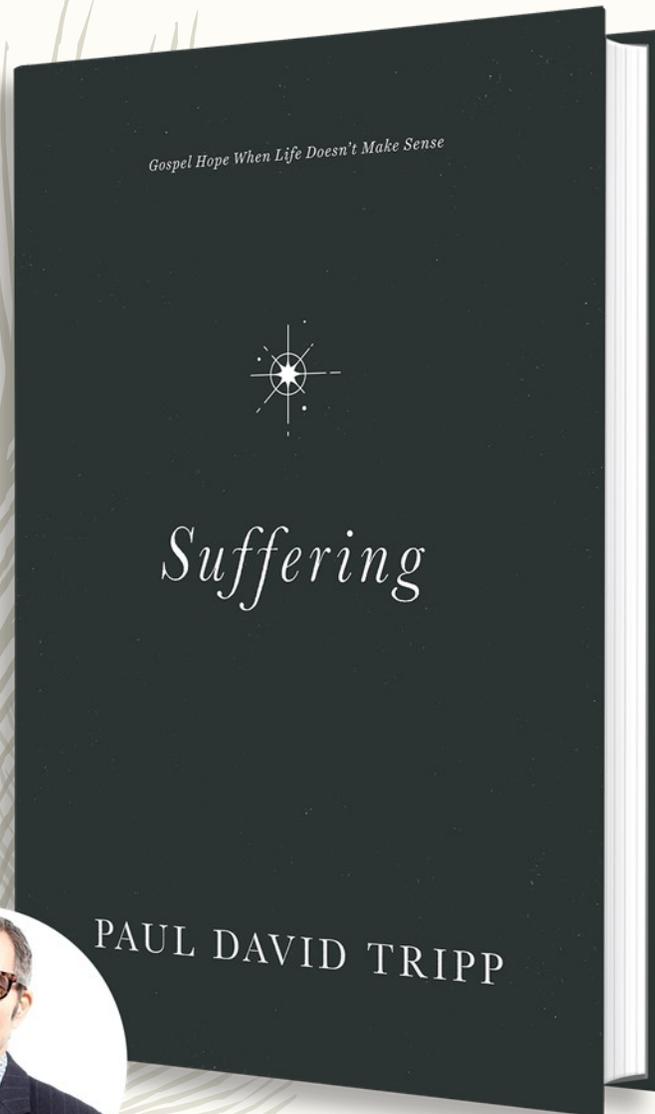


# Spiritual Disciplines

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*“In order to receive God’s comfort, you must go where God’s comfort is for you...”*

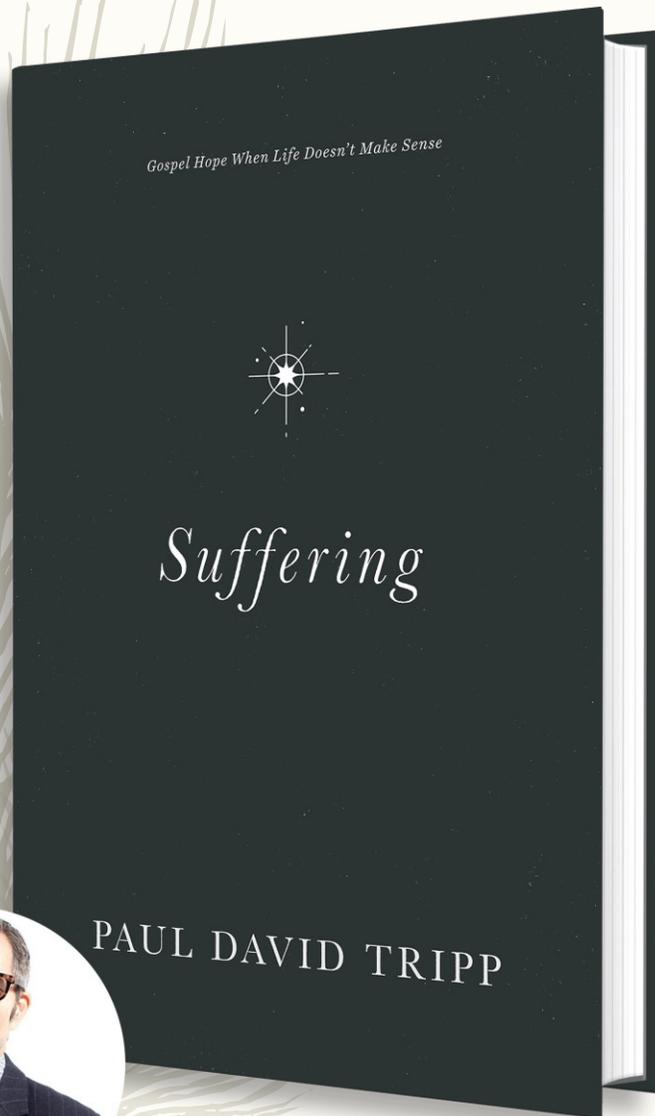
**~ Paul Tripp**





# Spiritual Disciplines

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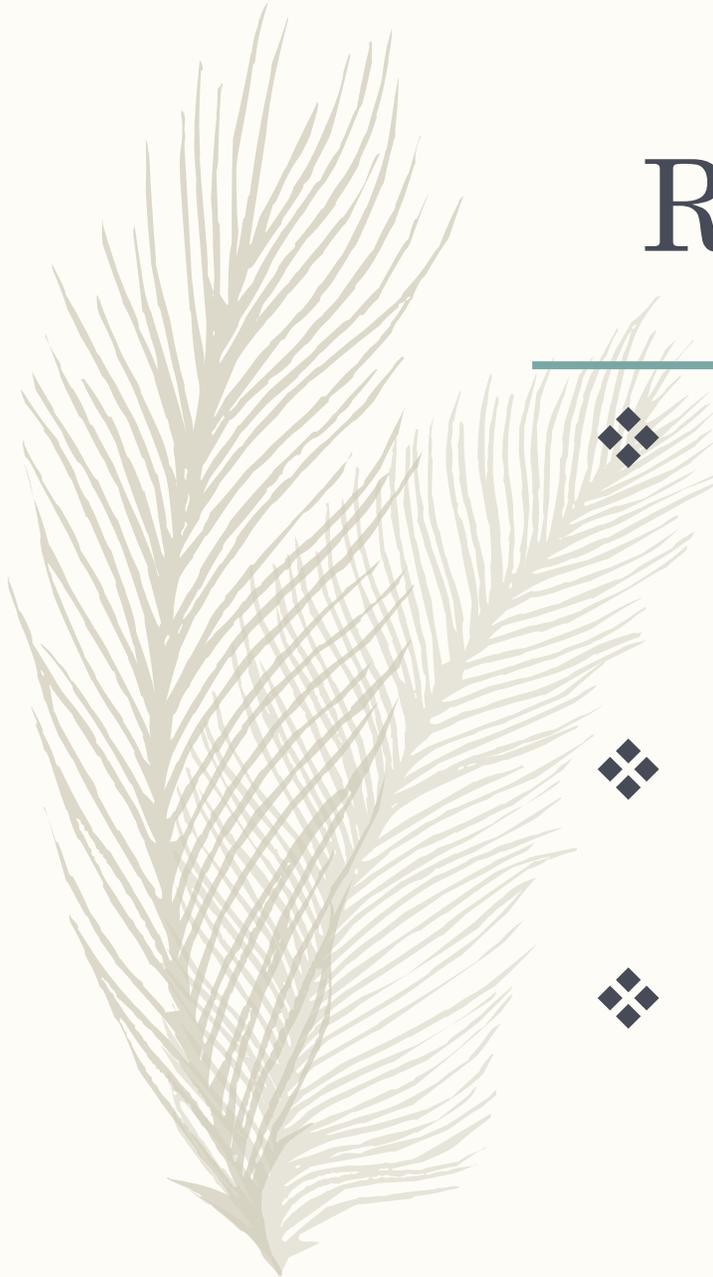
- ❖ Prayer / Laments
- ❖ Reading God's Word/ Psalms
- ❖ Fellowship with believers
- ❖ Share your journey / burdens
- ❖ Revisiting past spiritual practices
- ❖ Journaling



# Re-examining our Faith

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- ❖ Responses to life's losses will be directly determined by your understanding of God and how you have worshiped Him
- ❖ Both our emotions and belief systems / doctrines need healing
- ❖ Need to think through our faith and reflect critically and holding and examining our beliefs and experiences





# The Art of Dying Well



# Dying Well

- ❖ To die peacefully in bed?
- ❖ Jesus' death on the cross
  - A good death or
  - Peaceful death



# You don't walk alone

We are all part of the Body of Christ



“REJOICE WITH THOSE  
WHO REJOICE AND  
WEEP WITH THOSE  
WHO WEEP.”

*Romans 12:15* Lent 2017 ucc.org



# family life GRIEFWALK SEASON 12

## GriefWalk

FGA, Family Life have started Grief Walk

– a ministry focusing on assisting individuals and families in bereavement and who are challenged by their grief over the loss of someone in their lives.

Losing a loved one is grievous. Living with the grief and trying to cope with the painful loss alone is an arduous journey.

**GriefWalk** is an essential support group for those who lost their loved ones through death. It promotes healing and recovery for people grappling with grief. It consists of 14 sessions of profound insights into the grief process. You will gain skills to cope, feel supported in one's painful loss thus turning mourning into hope and joy.

- ❑ **Who Should Attend:**  
People who have experienced loss of loved ones through death. This program is suitable for Christians and non-Christians alike.
- ❑ **When**  
The dates for GriefWalk Season 12 2020 are currently being planned. Sessions may be in person or online depending on prevailing circumstances.
- ❑ **Time**  
Saturdays from 10.00 am to 12.30 pm.

### Register Your Intent

Online: <https://tinyurl.com/griefwalk12>  
Email: [griefwalk@fga.com.my](mailto:griefwalk@fga.com.my)  
Contact: Michelle (03-7980 4029/96)



# Immanuel

“God with us” (Matt 1:23)

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## **Hebrews 4:15-16 (NIV)**

But He was pierced for our transgressions,  
He was crushed for our iniquities;  
the punishment that brought us peace was on Him,  
and by His wounds we are healed.

## **Psalms 34:18 (NIV)**

The LORD is close to the broken hearted  
and saves those who are crushed in spirit.



Walking through Grief: Towards Personal  
transformation

# Summary



- ❖ Grief is normal and necessary for our healing and transformation.
- ❖ Grief can transform us when we are open to follow God's ways
- ❖ Grief work would help the bereaved person not to repress or delay the grief process, resulting in an enriching transformation.