

**Handling Life's Hurts**  
**Part 5: Grief**  
**John 11:17-44**

**Stages of grief:**

1. **Shock and Denial:** you deny reality in numbed disbelief.
2. **Pain and Guilt:** painful sadness and, occasionally, guilt over what you did/didn't do.
3. **Anger and Bargaining:** a dangerous phase when we unleash bottled emotions by lashing out at God/others, or even try to barter with God; "If You do this, I'll do that."
4. **Depression, Reflection, Loneliness:** you finally experience the true magnitude of your loss. You may isolate yourself from others and focus on memories of the past.
5. **The Upward Turn:** life becomes less chaotic as your sadness lifts slightly.
6. **Reconstruction and Working Through:** your mind starts working again, and you begin to seek real solutions to life without him/her.
7. **Acceptance and Hope:** you are still sad, but you embrace the reality of the loss.

**How should we handle grief?**

**1. Enjoy the Time**

<sup>3</sup> *So the sisters sent word to Jesus, "Lord, the one you love is sick."* John 11:3 (NIV)

- Each day is a **gift**, not a **right**. Praise God for the time He gives you by making the most of it!

**2. Experience the Truth**

<sup>20</sup> *When Martha heard that Jesus was coming, she went out to meet him, but Mary stayed at home.* John 11:20

- **God hurts when you hurt** (*Jesus wept.* John 11:35; 2 Cor. 1:3-4; 1 Peter 5:7).
- **Death is not the end for those in Christ** (<sup>25</sup>*Jesus said to her, "I am the resurrection and the life. He who believes in me will live, even though he dies; <sup>26</sup>and whoever lives and believes in me will never die."* John 11:25-26).
- **You will see your Christian loved ones again** (<sup>43</sup>*"Lazarus, come out!"* <sup>44</sup>*The dead man came out ...* John 11:43-44).

**3. Embrace the Togetherness**

<sup>19</sup> *and many Jews had come to Martha and Mary to comfort them in the loss of their brother.* John 11:19

- Doing life together means allowing others to **share** our **journey**.