Discover the Treasures Buried in Grief and Loss Emotionally Healthy Discipleship 5

Lamentations 3:19-26

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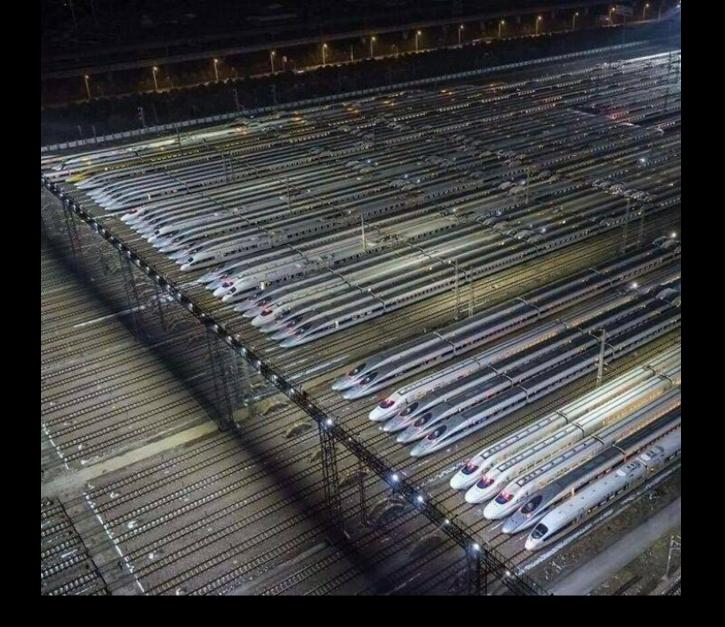
Palos Verdes Baptist Church September 12, 2021



Person Running Through Snow



Rare Gigantic Spider



Close-Up of Sewing Needle Collection



Vibrant Sandals



Pulled Teeth

Lamentations 3:19-21 (ESV)

¹⁹Remember my affliction and my wanderings, the wormwood and the gall! ²⁰My soul continually remembers it and is bowed down within me. ²¹But this I call to mind, and therefore I have hope:

Lamentations 3:22-24 (ESV)

²²The steadfast love of the LORD never ceases; his mercies never come to an end; ²³they are new every morning; great is your faithfulness. ²⁴"The LORD is my portion," says my soul, "therefore I will hope in him."

Lamentations 3:25-26 (ESV)

²⁵The LORD is good to those who wait for him, to the soul who seeks him. ²⁶It is good that one should wait quietly for the salvation of the LORD.

Pay Attention to Pain

1. Label Your Losses

- "Remember my affliction and my wanderings, the wormwood and the gall!" (Lamentations 3:19)
- Devastating premature death of a loved one, serious illness, abuse, suicide, betrayal, bankruptcy
- Unexpected natural disasters, crime, cataclysmic events
- Internal loss of identity, purpose, self-worth, confidence
- Expected graduation, retirement, geographic move, death of an elderly loved one

Pay Attention to Pain

Label Your Losses Learn Lament

 "My soul continually remembers it and is bowed down within me." (Lamentations 3:20)

 "For everything there is a season, and a time for every matter under heaven: ... a time to weep, and a time to laugh; a time to mourn, and a time to dance" (Ecclesiastes 3:1-4)

Persevere in the Pain

1. Wait on the Lord

- "But this I call to mind, and therefore I have hope: ... The LORD is my portion," says my soul, "therefore I will hope in him. The LORD is good to those who wait for him, to the soul who seeks him. It is good that one should wait quietly for the salvation of the LORD." (Lamentations 3:21-26)
- "We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed; always carrying in the body the death of Jesus, so that the life of Jesus may also be manifested in our bodies. ... So we do not lose heart. ..." (2 Corinthians 4:8-16)

Persevere in the Pain

Wait on the Lord Express Your Emotions

- "Jesus wept." (John 11:35)
- Responses angry, sad, anxious, …
- Stages of Grief Denial, Anger, Bargaining, Depression, Acceptance

Profit from the Pain

1. Promises of God

- "The steadfast love of the LORD never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness." (Lamentations 3:22-23)
- "And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you." (1 Peter 5:10)
- "Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us." (Romans 5:3-5)

Profit from the Pain

Promises of God Presence of God

- "The LORD is near to the brokenhearted and saves the crushed in spirit." (Psalm 34:18)
- "Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me." (Psalm 23:4)
- "God is our refuge and strength, a very present help in trouble." (Psalm 46:1)

Profit from the Pain

Promises of God
 Presence of God

3. People of God

• "Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God." (2 Corinthians 1:3-4) Discover the Treasures Buried in Grief & Loss
1. Pay Attention to Pain
2. Persevere in the Pain (Wait on the Lord)
3. Profit from the Pain (Presence, Promises of God)

Discussion Questions

- 1. What kind of losses have you experienced? As you are able, share about how you responded to one of them.
- 2. What has helped you to "learn lament" appropriately?
- 3. At what stage of grief do you tend to get stuck (denial, anger, bargaining, depression)? What helps you get to acceptance?
- 4. Share about an occasion where you waited on God in grief or loss. How did you develop your posture or perspective?
- Share about a time you experienced a "profit from the pain" (promises of God, presence of God, people of God) in your grief or loss.