



Good Grief!

At first, most would say that there's nothing good about grief. Grief is a process one goes through after losing something dear. Maybe someone close to you died. Maybe your dog ran away. Maybe your doll fell and broke. Maybe your parents separated and your dad moved away. Maybe your daughter or son married someone you didn't approve of. Maybe your loved one turned aside from Christianity to worldly ways. Maybe something you worked so hard for was destroyed. Maybe your enemies cause you grief. Maybe you are so dissatisfied with yourself in some certain way that you are filled with grief. Maybe you have gotten too much knowledge and wisdom and, thereby, grief.



Grief comes in all shapes and sizes.

What caused grief is generally what is considered "bad." But, grief is good if it is managed properly.

If you are ever going to get a handle on your grief, you must learn to look to Christ.

He is despised and rejected of men; a man of sorrows, and acquainted with grief: and we hid as it were our faces from

him; he was despised, and we esteemed him not. (Isaiah 53:3)

Jesus Christ was acquainted with grief. He was extremely familiar with it because of what he was constantly up against. No matter his odds, he persevered. He refused to stop. He continually pressed toward his goals. That is exactly what you must do too. Push on when you don't feel like pushing on. *Grief is not a license to grieve. It is a way to relieve your soul from a calamity.* This is why you can't make grief a lifestyle. It must only be a season in your life. And then it must pass.

Yet it pleased the LORD to

Good Grief!

bruise him; he hath put him to grief: when thou shalt make his soul an offering for sin, he shall see his seed, he shall prolong his days, and the pleasure of the LORD shall prosper in his hand. (Isaiah 53:10)

There can only be good when the grieving is over. That is, if you manage it properly. Understand that it must last for only a season. On the other side of that grieving “wall,” there will be prosperity. God will see to that. He did so with His Son, Jesus Christ. He will do the same for you.

- If you lost someone dear, you weren't lost.
- If your dog ran away, you didn't run away.
- If your doll fell down and broke, you weren't broken.
- If your parents separated and your dad moved away, you weren't separated.
- If your child married a bad

person, you didn't marry a bad person.

•If your loved one turned from Christianity, you didn't turn also.

•If your life's work was destroyed, you weren't destroyed.

•Your evil enemies don't make you evil.

•And on and on and on...

*Please understand:
Don't allow the thing
that caused the grief
to convince you
that the same thing
happened to you!*

This is a rule of life.

The nature of calamity is such that it so encroaches upon an individual's soul that this person starts thinking that the same thing is happening to him. He associates his personal grief with the calamity and considers it equal.

For instance, when a loved one dies, in his grieving experience, he may feel as if he, too, is dying.

Death encroaches into our souls – and we must never allow this to happen.

If you are going to persevere like Christ did, you must become strong willed, strong minded. Grieving can take casualties and we must never allow this to happen. Don't be casual in your grief. Don't position yourself as if you are supposed to go through more than your fair share. Learn to draw the line in the sand and say, “enough is enough.” Do everything you can to bring yourself back into reality, life, and all of God's abundance.

I'm not suggesting that you don't allow yourself to grieve.

Woe is me for my hurt! my wound is grievous: but I said, Truly this is a grief, and I
Page 2

Good Grief!

must bear it. (Jeremiah 10:19)

Every man must bear his own grief at times. My point is, “don’t make grieving a lifelong experience.” It must only last a season. You decide how long. 30 days. 45 days. One year. After this time is over, so too should be the grieving.

God’s compassion is always available, even in the midst of grief.

But though he cause grief, yet will he have compassion according to the multitude of his mercies. (Lamentations 3:32)

You have probably asked why God would allow such and such to happen to you. Most everyone does at some point in his or her life. Rest assured that God does not control every single aspect of your life. You are free to go about and do everything of your choosing. Because of this

free will, God will not control everything. Understanding this will help you understand the nature of God “causing” things. I often tell my friends a little story. Imagine that you are a mom or a dad with a small child walking along the beach or sidewalk. All of a sudden, your small child trips and falls. Now, ask yourself, “did I cause that?” The obvious answer is, “no!” Immediately, you bend down to help your child. You care for him and comfort him through his grief. *Folks, that’s exactly what God does for us. We are always in His care, no matter what befalls us.* God doesn’t bring us calamity. The devil does. God comforts us. God is always there to comfort us no matter who we are or where we’ve been. Free will dictates that you direct your life according to God’s Word. This will ensure satisfaction and prosperity.

God comforted Jonah.

And the LORD God prepared a gourd, and made it to come up over Jonah, that it might be a shadow over his head, to deliver him from his grief. So Jonah was exceeding glad of the gourd. (Jonah 4:6)

I’m sure you know the story of Jonah. Remember that he was in the whale’s belly for three days and three nights? Well, Jonah was really upset about God’s decision regarding what to do with the people. Consequently, Jonah went and sat in a booth. After sitting there a while, it became pretty hot. There was no shade from the sun. Look at how God worked to comfort him. He made a gourd to grow over Jonah and it shaded him. There’s a lot more to this story. Jonah was very angry and God was working with him to help him overcome this. If you read on, you’ll see some other things

Good Grief!

that God did to teach Jonah what He wanted Him to know. This act comforted him and caused him to become exceeding glad. God can and will do things so that you, too, are exceeding glad. How wonderful!

Love conquerors grief.

For out of much affliction and anguish of heart I wrote unto you with many tears; not that ye should be grieved, but that ye might know the love which I have more abundantly unto you. (2 Corinthians 2:4)

In the midst of grief, one of the best things you could ever have is another's love. People are afraid of sorrow and grief. They usually avoid a grieving person mainly because they don't know how to deal with it. That's okay. We can't change the nature of man today, but we can learn how to manage our own grief. If you are grieving,

after you have determinedly set the length of grieving time (30 day, or however long), find someone who will love you. Primarily, this means, someone who will listen to you. When you grieve, you must be able to talk. Talking releases your mental pressures and helps make you feel better. The worst thing you can do is be with others who won't allow you to discuss your situation. Many people think that their talking and activity is a proper way to help someone manage grief. It may be, but generally it is not. Only the grieving person knows for sure. *Understand: If you need to talk, find someone who will listen. Tell them that you need them to listen to you and ask them to not say anything for a while.* A loving person will do this for you.

As a side note, other than going through grief, you shouldn't cause

grief in others.

Obey them that have the rule over you, and submit yourselves: for they watch for your souls, as they that must give account, that they may do it with joy, and not with grief: for that is unprofitable for you. (Hebrews 13:17)

Can you imagine that some people are intent on hurting others? It happens. But don't let one of those disobedient ones be you. If you don't obey and submit to those having the spiritual rule over you, you cause them grief. If you have placed yourself in a certain spiritual situation where you associate and participate with and under the guidance of one or some, you owe it to those leaders to obey and submit. If you don't want to obey and submit, then you shouldn't be in that situation in the first place. Don't cause others grief.

There will be times when you are

Good Grief!

faced with grief, when you must grieve your way through it. Every man encounters these situations in life. You can't avoid them. Don't try to avoid them. Many good things can come out of grieving and you will learn of those things as you emerge from your griefs.

For this is thankworthy, if a man for conscience toward God endure grief, suffering wrongfully. (1 Peter 2:19)

As a Christian, others may persecute you or make fun of your Christian stand. Even though it is wrongful that they commit such acts, you will still have to endure grief, suffering wrongfully. God says that this is thankworthy if you endure grief anyway. God knows what is going on. He is well aware of the folly you have been faced with. ***God will always prosper you as you commit to and do His Will.***

Follow in Christ's steps.

For what glory is it, if, when ye be buffeted for your faults, ye shall take it patiently? but if, when ye do well, and suffer for it, ye take it patiently, this is acceptable with God. For even hereunto were ye called: because Christ also suffered for us, leaving us an example, that ye should follow his steps: (1 Peter 2:20-21)

No matter the reason for your grief, you can survive and emerge as a Super Christian Conqueror. The act causing the grief isn't you. It only happened in your life. Don't allow it to become you. Do what you need to do to be "well" in all situations. Be patient during your time of grief, knowing full well that you are in God's complete care –always.

Grief, in and of itself, is good. It is God's

design for getting through many of life's tough situations. Take on a new perspective of grief. Grief is good. And remember, good grief – it will pass!

Much love in Christ!

Jerry D. Brown