

# The Management of Mourning, Sorrow and Grief

Grief we can define it as we put down other names relating to it. Grief can be called sorrow, heartache, anguish, pain, misery, mourning, unhappiness or angst that can mean anguish, torment, anxiety, trouble, worries and fear.

Grief can be managed when its causes are defined and therefore treatment can be applied. The Scriptures are good resources for us to find out the causes and reasons for grief and how can be handled, treated and resolved. *Ephesians 4:30*, says, “**And grieve not the holy Spirit of God, whereby ye are sealed unto the day of redemption.**” So basically grief can come out from grieving to the Holy Spirit and that can be happen due to sin, or due to others had sinned and when we stand with the Lord then that grief that particular sin had raised will infiltrate into our lives.

Further we can tackle grief more as in these points:

**1. Seeing events, seeing evils, and seeing calamities:** “**51 Mine eye affecteth mine heart because of all the daughters of my city.**” (*Lamentations 3:51 KJV*) The prophet Jeremiah in the book of laments described a status of grief that had come into his heart because of what he saw by his eyes. What his eyes saw had affected his heart and gave him bad feeling and brought grief to him. He might grieved due the sins that the people were doing but more than that he grieved due to the punishment of God that He inflicted on them. **What we can conclude here if you allow your eyes to see terror, fight, murder, or any horror then grief will be imparted into your heart, and you may get sorrow, heartache, anguish, pain, misery, unhappiness, anguish, torment, anxiety, trouble, worries and fear.** Today, many people are watching movies and video clips in Facebook, YOU tube or TV and that would contribute to the grief that they are in. You need to understand what you watch it can have a big contribution to the grief that may infect and affect your heart.

\* There are certain times you are forced to watch painful events or you are just facing it without prior knowledge as had happened to the prophet Jeremiah. In that case you are to accept that this is what God had called you to see and have grief. That grief will lead you to pray and to intercede for the situation that you are seeing.  
\* But if yourself is the one who planned to watch these events as entertainment and out of worldliness and curiosities or to satisfy the lust of the eyes then you are sinning and that sin brought you grief.

**2. Much knowledge, much wisdom, or much study:** “**For in much wisdom is much grief: and he that increaseth knowledge increaseth sorrow.**” (*Ecclesiastes 1:18 KJV*) Now that does not mean that I am saying don't study or have knowledge. But what I am saying is that when you study for a certain purpose and direction as you are led by God for a noble purpose, then the study or the knowledge that you are receiving it might be a burden to you and can cause grief but you need to bear it and accept it and adopt yourself to the situation; it will be a ministry and service to God's purpose. While unnecessary studies that you are not led to do by the Holy Spirit you should not embrace and do.

**3. Death of a partner:** “**12 And in process of time the daughter of Shuah Judah's wife died; and Judah was comforted, and went up unto his sheepshearers to Timnath, he and his friend Hirah the Adullamite.**” (*Genesis 38:12 KJV*) Here Judah's wife died, and it said here he was comforted, not that he was comforted because she died but he was comforted after he passed through the period of grief, and ultimately he recovered and got comforted. **Death in general and death of the partner in specific will bring grief because it is a lost but you need to overcome and recover. You need to accept what had happened, go through grief, accept the comfort of God to you and got healed and forget your pain and adjust to continue to live your life with God in what He is providing for you.**

**4. Rape:** “**7 And the sons of Jacob came out of the field when they heard it: and the men were grieved, and they were very wroth, because he had wrought folly in Israel in lying with Jacob's daughter; which thing ought not to be done.**” (*Genesis 34:7 KJV*) This is a recall to the event of rape that had happened to Dina the daughter of Jacob and got defiled. All her brothers were grieved to what had happened. It was a loss for them. **Virginity should be kept till the wedding day, and breaching to that will bring grief. That is why the church would grief in facing such events. Rape is not only adultery but it is also similar to murder. The church should emphasize about virginity and teach and work out to keep men and women virgins until their wedding day.**

**5. Lack of children:** “**16 Count not thine handmaid for a daughter of Belial: for out of the abundance of my complaint and grief have I spoken hitherto.**” (*1 Samuel 1:16 KJV*) Hannah out of her grief and anguish was praying to God because she had no children. Her husband used to tell her the following: “**8 Then said Elkanah her husband to her, Hannah, why weepst thou? and why eatest thou not? and why is thy heart grieved? am not I better to thee than ten sons?**” (*1 Samuel 1:8 KJV*) Her husband was telling her comforting words, and that what can be used to manage grief in such cases, and ultimately, prayer, trusting God and obeying whatever His will in man's life will bring good outcomes.

**6. Wrong marriages:** “**34 And Esau was forty years old when he took to wife Judith the daughter of Beeri the Hittite, and Bashemath the daughter of Elon the Hittite: 35 Which were a grief of mind unto Isaac and to Rebekah.**” (*Genesis 26:34-35 KJV*) Isaac and Rebekah were grieved because Esau married wrong women that were not ordained by God to marry. **Even the same is happening to the church today. Therefore, we as church and parents need to guard the new disciples and our children, and to educate them about the principles of Godly marriages in order to avoid grief and losses in the future.**

**7. Anger against God and His will:** God called Jonah to go to Nineveh but he ran away and went against God's will to Tarshish. So God worked it out to turn him from going to Tarshish, and forced him to go to Nineveh to preach the Word of God to them. Jonah was angry because God forced him to do what he did not like, as well as added to his anger, that God did not destroy the people of Nineveh but pardoned them after their repentance. Jonah's anger brought grief in his life. But God was still concerned about the mood of Jonah and wanted to comfort him from his grief. God allowed a gourd to grow to come up over Jonah to comfort him from his grief, “**4 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 KJV)* God is concerned about your mood and grief and He will do certain things to comfort you and heal you, but you need to accept and appreciate that. God will not change His will for your life, so be appreciative of whatever comfort God is giving to you to help you to abide with His will and to help you to overcome your grief and sorrowful feelings to continue your life and ministry.

**8. Afflictions and many troubles:** *“7 Mine eye also is dim by reason of sorrow, and all my members are as a shadow.” (Job 17:7 KJV) “9 Have mercy upon me, O LORD, for I am in trouble: mine eye is consumed with grief, yea, my soul and my belly.” (Psalm 31:9 KJV) “9 Mine eye mourneth by reason of affliction: LORD, I have called daily upon thee, I have stretched out my hands unto thee.” (Psalm 88:9 KJV)* Sorrow, grief or mourning would come when there are repeated troubles and problems. \* Prayers, crying to God, reading the Word of God, encouraging them to go on in life, and counseling to give direction is what is needed to be done to those who are afflicted, and such will comfort them from their troubles and they will have hope. \* Therefore if you are passing through various troubles and have repeated trauma come for counseling to open up what you are passing through so we can counsel you and ultimately you will get comforted and delivered out from your grief.

**9. Serving the Lord:** *“3 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. 4 Surely he hath borne our griefs, and carried our sorrows: yet we did esteem him stricken, smitten of God, and afflicted. 10 Yet it pleased the LORD to 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 53:3-4, 10 KJV)* Grief was linked with the ministry of Jesus. Serving with the Lord Jesus can impart and cause grief. People’s sin may impart grief to your life. Suffering for other people may impart grief into your life. So grief can be a normal course for those who are serving the Lord. In this case you need to bear and accept God’s will and continue to serve Him.

**10. Following Jesus:** Jesus told his disciples, *“20 Verily, verily, I say unto you, That ye shall weep and lament, but the world shall rejoice: and ye shall be sorrowful, but your sorrow shall be turned into joy. 21 A woman when she is in travail hath sorrow, because her hour is come: but as soon as she is delivered of the child, she remembereth no more the anguish, for joy that a man is born into the world. 22 And ye now therefore have sorrow: but I will see you again, and your heart shall rejoice, and your joy no man taketh from you.” (John 16:20-22 KJV)* Following Christ and serving Him and living in His will might bring or accompanied by sorrow for certain period in your life, therefore you need to persevere till you are delivered in God’s perfect time and will. Serving the Lord and following Jesus might be accompanied with sorrow but later on will turn to Joy.

**11. Praying and Fasting:** *“14 I behaved myself as though he had been my friend or brother: I bowed down heavily, as one that mourneth for his mother.” (Psalm 35:14 KJV)* David was afflicted with sorrow and mourning as he was praying and fasting for others. He was praying and fasting for people who prove later on that they

did not deserve that for they were unfaithful. Even to this point God still wants us to be faithful in our service to Him. You need to understand in whatever service and ministry you do you are doing it for the Lord and not for people, and from Him you will receive the reward. Therefore, the grief or the sorrow that you are passing through should not lead you to give up, but to continue until you accomplish the task because the Lord shall ultimately reward you for that.

**12. Being uninformed or ignorant about God’s Promises:** *“13 But I would not have you to be ignorant, brethren, concerning them which are asleep, that ye sorrow not, even as others which have no hope. 14 For if we believe that Jesus died and rose again, even so them also which sleep in Jesus will God bring with him. 15 For this we say unto you by the word of the Lord, that we which are alive and remain unto the coming of the Lord shall not prevent them which are asleep. 16 For the Lord himself shall descend from heaven with a shout, with the voice of the archangel, and with the trump of God: and the dead in Christ shall rise first: 17 Then we which are alive and remain shall be caught up together with them in the clouds, to meet the Lord in the air: and so shall we ever be with the Lord. 18 Wherefore comfort one another with these words.” (1 Thessalonians 4:13-18 KJV)* We do not grieve or sorrow like the rest of mankind, who have no hope; we have salvation from the Lord as we continue to endeavor to live our lives according to His will, serving Him and doing our role till He come and take us, or fall asleep in Him.

**13. Foolish children or foolish disciples:** *“1 The proverbs of Solomon. A wise son maketh a glad father: but a foolish son is the heaviness of his mother.” (Proverbs 10:1 KJV) “21 He that begetteth a fool doeth it to his sorrow: and the father of a fool hath no joy. 25 A foolish son is a grief to his father, and bitterness to her that bare him.” (Proverbs 17:21, 25 KJV)* Parents will have grief and sorrow when their children are fool or disobedient. The children who have failure in their studies, pursuing sinful life, doing their own will and plan, all shall bring grief to the parents. As well as the disobedient disciples who had been taught and trained by the church to do God’s work, but when they will pursue their own dreams and plans and live in selfish ambition and in sin, that will cause grief to the church and the leaders who are caring for them.

**14. Rejection by the disciples:** *“17 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 KJV)* Church leaders who disciples and care for workers they can be a victim of grief when their spiritual children or disciples would go and move away from obeying the Word of God and His will. \* What we can advice for the church leaders here is not to give up but to continue to admonish and to teach and to reach new people and make new disciples and care for them. \* Godly parents like the church leaders can be also a victim of grief when their children go in disobedient path. What we advice those parents here is to continue to pray and fast for their children and not to continue to spend on them but to save their resources till their children will come back to their senses, repent and return back to God and bear the fruit, as in the situation of the lost son.

**15. Toil and anxious striving:** “22 For what hath man of all his labour, and of the vexation of his heart, wherein he hath laboured under the sun? 23 For all his days are sorrows, and his travail grief; yea, his heart taketh not rest in the night. This is also vanity.” (Ecclesiastes 2:22-23 KJV) Grief, pain and anxious minds are the outcome of people’s toil and labor. This is what we advice, “24 There is nothing better for a man, than that he should eat and drink, and that he should make his soul enjoy good in his labour. This also I saw, that it was from the hand of God. 25 For who can eat, or who else can hasten hereunto, more than I?” (Ecclesiastes 2:24-25 KJV) A balance life is required so in one side is toil and living in righteousness and in other hand enjoyment and satisfaction. A period of rest and reflection to evaluate is needed for the next step.

**16. Trials:** “6 Wherein ye greatly rejoice, though now for a season, if need be, ye are in heaviness through manifold temptations: 7 That the trial of your faith, being much more precious than of gold that perisheth, though it be tried with fire, might be found unto praise and honour and glory at the appearing of Jesus Christ:” (1 Peter 1:6-7 KJV) God would allow trials of many kinds in your life so that your faith will be tested till it is proven to be genuine. The grief and the heaviness that you are passing through in these trials will reproduce in you and for the glory of God praise, honor and glory when Jesus Christ is revealed upon his second coming.

**17. Slaves’ submission to bad masters:** “18 Servants, be subject to your masters with all fear; not only to the good and gentle, but also to the froward. 19 For this is thankworthy, if a man for conscience toward God endure grief, suffering wrongfully. 20 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.” (1 Peter 2:18-20 KJV) It is a grief when you do well and serve properly but yet your superiors and masters are not happy with you and unjust toward you. Yet what you are doing and your attitude toward abuse is commendable before God as you are following Christ’s example, “21 For even hereunto were ye called: because Christ also suffered for us, leaving us an example, that ye should follow his steps: 22 Who did no sin, neither was guile found in his mouth: 23 Who, when he was reviled, reviled not again; when he suffered, he threatened not; but committed himself to him that judgeth righteously: 24 Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed. 25 For ye were as sheep going astray; but are now returned unto the Shepherd and Bishop of your souls.” (1 Peter 2:21-25 KJV) As you follow Christ’s example and be willing to suffer and grief as He was, then you are truly returning to Christ and truly God will reward you for that. Such Kind of grief is a ministry and we should not put aside. Bad church leaders who does not follow Scriptures and abuse authority are also a cause of grief and what we need to do is to continue serve God, to do what God said in His Word and not to follow their instruction that contradict the Scripture and the voice of the Holy Spirit.

**18. Bad News!:** “22 And while they abode in Galilee, Jesus said unto them, The Son of man shall be betrayed into the hands of men: 23 And they shall kill him, and the third day he shall be raised again. And they were exceeding sorry.” (Matthew 17:22-23 KJV) The disciples were grieved because they heard that Jesus

would be going to be betrayed. But we know that this news was not a bad one because with Jesus’ death on the cross we receive salvation and eternal life. What I want to say here that certain times you may hear bad news that would grief you, but take heart, watch forward and you will see the good outcome of all what is going on around you as you love God and called by Him to fulfill His purpose, “28 And we know that all things work together for good to them that love God, to them who are the called according to his purpose.” (Romans 8:28 KJV)

**19. People’s sins:** “5 But if any have caused grief, he hath not grieved me, but in part: that I may not overcharge you all. 6 Sufficient to such a man is this punishment, which was inflicted of many. 7 So that contrariwise ye ought rather to forgive him, and comfort him, lest perhaps such a one should be swallowed up with overmuch sorrow. 8 Wherefore I beseech you that ye would confirm your love toward him. 9 For to this end also did I write, that I might know the proof of you, whether ye be obedient in all things. 10 To whom ye forgive any thing, I forgive also: for if I forgave any thing, to whom I forgave it, for your sakes forgave I it in the person of Christ; 11 Lest Satan should get an advantage of us: for we are not ignorant of his devices.” (2 Corinthians 2:5-11 KJV) When people sin that will cause you and the rest of the church members to grief, and the management of such kind of grief is to forgive the offender and find out a final solution that agrees and go along the Word of God.

**20. Multiple sins:** “5 Her adversaries are the chief, her enemies prosper; for the LORD hath afflicted her for the multitude of her transgressions: her children are gone into captivity before the enemy.” (Lamentations 1:5 KJV) Continuous sinning or for many sins, the Lord will bring grief on those who are doing that. The treatment for that grief is repentance and returning back to the Lord. Therefore, if you are in sin then this is the time for you to repent so the joy of the Lord shall return to you.

**21. The love of money:** “10 For the love of money is the root of all evil: which while some coveted after, they have erred from the faith, and pierced themselves through with many sorrows.” (1 Timothy 6:10 KJV) Grief and sorrows will come into your heart when you start to love and trust money as the source for your life and confidence. Come back to God, trust Him, rely on His Word and pursue on His ways so that sorrow and grief will depart from you.

**22. Standing with the Lord and doing His work and will:** “1 The word that Jeremiah the prophet spake unto Baruch the son of Neriah, when he had written these words in a book at the mouth of Jeremiah, in the fourth year of Jehoiakim the son of Josiah king of Judah, saying, 2 Thus saith the LORD, the God of Israel, unto thee, O Baruch; 3 Thou didst say, Woe is me now! for the LORD hath added grief to my sorrow; I fainted in my sighing, and I find no rest. 4 Thus shalt thou say unto him, The LORD saith thus; Behold, that which I have built will I break down, and that which I have planted I will pluck up, even this whole land. 5 And seekest thou great things for thyself? seek them not: for, behold, I will bring evil upon all flesh, saith the LORD: but thy life will I give unto thee for a prey in all places whither thou goest.” (Jeremiah 45:1-5 KJV) We know that Baruch was called by God to stand with Jeremiah, and he was the one who wrote what Jeremiah was receiving from the Lord. He suffered with Jeremiah because the people rejected

the Word of God, but he was more concerned about his own life and about himself. Therefore the Lord admonished him and corrected him. The Lord assured him that He will pursue in His plan to discipline and punish the people for their sins but in regard to his life, Baruch's life, the Lord would keep safe. To the contrary of Baruch was the spirit of Jeremiah the prophet. For he was in full agreement with and accepting God's will in full as you can read here: **"19 Woe to me because of my injury! My wound is incurable! Yet I said to myself, "This is my sickness, and I must endure it." (Jeremiah 10:19 KJV) Yes we need to go through it and endure it. We need to endure the hardships, the trials, the rejections, and the persecutions that God allowed and placed on us. We need to go through them all, trusting God that He will accomplish His purpose in our lives and ministries.**

**My Dear and Beloved:** Grief certain a time is a Godly one, and is a ministry, we cannot reject or put aside, but we need to accept, embrace and endure, so that we will be standing with God and with His will in order that His plans would be fulfilled in our lives, in the lives of our family members and in the life of the church, His people and the ministries of God. Let us pray . . . .

**My Prayer:** Father God I come before you in the name of Jesus who died on the cross for my sins to give me eternal life. Lord thank you for the healing touch of your Word to me. Lord thank you for all your blessings to me and thank you for the ministry that you give to me and thank you for all the trials, the hardships, the rejections and the persecutions that you allowed for a good purpose in my life. Lord thank you for all the teaching, the rebukes, the corrections and the admonishments we received in this message.

Now repent and renounce all your sins. Repent and renounce your disobedience and stubbornness. Renounce your worldliness and your yoke with non believers and being away from the church and the family of God. Renounce your love of money, the trust on people and material things, the lust and the love for the worldly matters. Confess and renounce your lack of faith and full trust in God. Repent of your laziness and non willingness to serve God. Repent of your selfishness, your non willingness to deny yourself and your lack of the fear of God. Repent of your immoralities, and the rest of the work of the flesh. Confess and renounce your grieving to the Holy Spirit. Confess and renounce doing your own will and plan and not the plan nor the will of God. Repent of your marriage with non believer. Repent of being in bondage and wasting your time on the Media, News and games. Repent of your non willingness to serve God, and your refusal to suffer rejection and persecution for Christ's sake. Repent of your lack of reading God's Word in the Bible and your lack of prayer. Lord I repent, forgive me the following sins

\_\_\_\_\_.

Lord I commit my life and cause unto your hand, I will continue to serve you and do your will. Woe is me for my hurt! my wound is grievous: but I said , Truly this is a grief, and I must bear it. Lord lead me to do what you had ordained for me to achieve. **"Woe to me because of my injury! My wound is incurable! Yet I said to myself, "This is my sickness, and I must endure it."** Lord help me to pass the following trials in my life \_\_\_\_\_ . Lord take away my grief and sorrow. Lord fill me with joy to continue to be effective in my service unto you. Lord sustain me and give me perseverance so I can continue my ministry and that your

*will be done on earth as in Heaven until you come and take us with you, this is my prayer in Jesus name, Amen.*

*Lord thank you for my brethren and my sisters who repented of their sins and came back to you willing to persevere to go through the trials and the various hardships, rejections and the persecutions you allowed in their life. Lord comfort them and heal their wounds and take away their grief and pain and help them to recover from all their losses. Lord give them more fruit of the Holy Spirit, love, joy, peace, gentleness, kindness, faith, humility. self-control, perseverance and long suffering so people can see Jesus in their lives and would be able to serve you and be effective and fruitful in their ministries. Lord protect them and provide for them so that they will continue to live for you, serving you and setting good example to others to follow you. Lord do miracles and wonders in their lives and uphold them with victories so people will know that you are the true God and they are your servants.*

*Lord we pray for us as a church that we will continue to teach your Word and to proclaim your ways to our families and to the rest of our workers and members. Lord we commit ourselves to walk before you in holiness in accordance to your will and plan for us. Lord lead us to help people who are in sin and bondages and are looking for help from you to be delivered. Lord enable us to comfort those who are mourning, in grief and sorrow so they can continue their life in the path that you had ordained for them. Lord refill us once again with the Holy Spirit, and lead us and enable us to reach new people, making new disciples and training new workers, and to plant new Bible studies and congregations for the church. Lord I pray for more people to be water baptized, and receives the Holy Spirit baptism. Lord bless and increase all our ministries, and prepare us for your coming that we will go with you when you come to take us. Lord bless us, enlarge our territory, let your hand be with us and free us from harm so we will not feel pain. May the grace of the Lord Jesus, and the love of God and the fellowship of the Holy Spirit be with us all in Jesus name, Amen.*

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