

MANAGING GRIEF



SUGGESTED SCRIPTURES

- ISAIAH 53:1-2
- ISAIAH 28:3-16
- HEBREWS 12:7-13

What does the Bible say?

International Grief Institute

Our friend Lazarus sleeps, but I go that I may wake him up.

JOHN 11:11

In the Bible, death is often referred to as sleep, a metaphor that emphasizes the fact that the first death is temporary. This understanding of death is much more comforting than all the unbiblical and erroneous ideas about death.

When someone dies, family and friends often suffer with regrets and feelings of guilt about things they said or did, or didn't say or do.

God doesn't want us to beat ourselves up about the past.

He wants us to look forward to the future he has in store for us, and our reunion in the next life when we'll have plenty of time to talk to our loved ones.

What does the Bible say about dealing with and managing grief?

How do you feel about the scriptures you found on this? What scriptures do you find helpful?

MY SCRIPTURES:

MY ANSWER:
