

## BIBLE WORK

### What does the Bible say about mourning through the holidays?

For to us a child is born, to us a son is given;  
and the government shall be upon his shoulder,  
and his name shall be called Wonderful Counselor,  
Mighty God, Everlasting Father, Prince of Peace.

ISAIAH 9:6-7



#### SCRIPTURES TO EXPLORE

- PHILIPPIANS 4:7
- 2 CORINTHIANS 13:11
- COLOSSIANS 2:1-3:25

The holidays, specifically Christmas and Easter, are a time of great joy as we honor Jesus, both his birth and his ascension to heaven. Yet as joyful as they are, facing the holidays after losing a loved one is a nostalgic reminder of merrier times and can hark the herald of unending tears. How do we manage this extra layer of grief during times of great joy for other Christians?

In **Isaiah 7:14-15**, we're told that Mary the virgin shall conceive and bear a son, and call him Immanuel. Upon his birth, surely Mary was rejoicing the newborn's life in a wooden cradle not knowing his demise would take place on a wooden cross. Yet, we can only imagine the great grief she felt as she witnessed her son's torturous death.

In **2 Corinthians 13:11**, we are told to rejoice, comfort one another, and live in peace, for God's peace and love shall be with us. Yet, the pain of grief can feel crushing even to the most faithful. Do we trust in God only when we feel joyful? Can God's Word bring peace to our hearts through the holidays? How do we hold on to God's hands like Mary did, instead of hanging by a thread?

#### WHAT DOES THE BIBLE SAY ABOUT MOURNING THROUGH THE HOLIDAYS?

Do Christian holidays comfort or sadden you, or both? What scriptures do you find helpful?

ANSWER:

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#### MY SCRIPTURES

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Lined writing area for notes or reflections.

**PRAYER**

Dear God,

I used to rejoice in holidays, especially Christian holidays, now they cause an extra layer of sadness because my loved one isn't here to share them with. I feel the pain of their absence more than ever.

Lord, I thank you for the joy the holidays bring. I know our hearts can hold joy the same time as sorrow so, Lord, I humbly ask you to help me open my heart to moments of joy as a respite from the constant sorrow. Thank you for hearing my cries, Lord, and giving me strength to endure.

In Jesus' name I pray, Amen.



