

# Grief

## Key Verse

"But we do not want you to be uninformed, brethren, about those who are asleep, so that you will not grieve as do the rest who have no hope." 1 Thessalonians 4:13

## Basic Biblical Understanding

When most people think of grief, they associate it with the death of someone they love. That's normal. However, a broader understanding is that grief is the natural response to loss. Grief occurs when a person deeply misses what they once had or believed they had. For example, a person may grieve over the loss of a marriage, the loss of a dream, the loss of a business, or the loss of a friend. While grief can occur with different losses, the way we grieve is always the same: as those who have hope (1 Thessalonians 4:13).

Hope is confidence that God is completely in control and will do all that He has promised. Hard times tend to blur our view of God and even make us question His control. As Christians, we make the conscious choice to believe that God loves us and sustains us, and nothing can separate us from that love (Romans 8:38–39). That choice is harder when everything inside us feels broken.

During these times, God promises to be specifically close to the broken-hearted (Psalm 34:18) and to give special comfort to mourners (Matthew 5:4). The church can be a great blessing when we grieve, but grief can still be lonely. Ultimately, God alone can provide everything we need in our grief (Philippians 4:19), including comfort (2 Corinthians 1:4).

If we're not careful, our focus on grief and the feelings of being alone can rob us of the riches we have in Christ. Becoming resentful, fearful, anxious, bitter, selfish, or angry are normal reactions, but we need to submit these to God and ask God to live through us as we grieve.

As you grieve, continue to seek God in His Word, in prayer, and in worship. Look for His goodness in your life, write it down, and thank Him for what you see. What begins as a forced effort to keep moving forward in your relationship with God will turn into a means of healing in your life over time. For every challenge that you meet, God has fresh grace. You might not be able to see how things will ever be made right, but you can learn to trust more and more in the One who sees it all.

## Verses (ask God to show you how they apply to your life)

- "God is our refuge and strength, a very present help in trouble." Psalm 46:1
- "And we know that for those who love God all things work together for good, for those who are called according to his purpose." Romans 8:28
- "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." 2 Corinthians 1:3–4a
- "Cast all your anxiety on him because he cares for you." 1 Peter 5:7 (NIV)

## Helpful Questions and Application

1. What does it mean to grieve with hope?
2. How are you struggling in your current season of grief?
3. How does the Bible address those struggles? If you aren't sure what the Bible says, how can you find out?

## Additional Resources

Scripture references: Ecclesiastes 3:1–4, Psalm 37:23–24, Psalm 73:26, Revelation 21:4

WordTruth articles: ["Sorrows that Last a Lifetime"](#)  
["Not Worthy to be Compared"](#)