Viewers’ Choice Awards

 Widowed…And Healing

November 20,2022

*"There is a time for everything, and a season for every activity under the heavens: a time to be born and a time to die, a time to plant and a time to uproot, a time to kill and a time to heal, a time to tear down and a time to build, a time to weep and a time to laugh, a time to mourn and a time to dance…*Ecclesiastes 3:1-4

Those who have done extensive studies on the grieving process relate that it is normal to experience a cycle of emotions.

-First there is **shock.** You are so stunned at the news at first, you don’t know how to react. It all seems so unreal to you at first.

-Then there is **denial**.

-Then comes **anger.**

-Then there is **depression**.

-The final stage of grief is **acceptance and returning to life**.

Marriages work out and they often come to very messy and painful endings. Danger Will Robinson!

Job 2:11 reads: *When Job’s three friends, Eliphaz the Temanite, Bildad the Shuhite and Zophar the Naamathite, heard about all the troubles that had come upon him, they set out from their homes and met together by agreement to go and sympathize with him and comfort him.When they saw him from a distance, they could hardly recognize him; they began to weep aloud, and they tore their robes and sprinkled dust on their heads. Then they sat on the ground with him for seven days and seven nights. No one said a word to him, because they saw how great his suffering was.*

Bob Russell once interviewed several people who had experienced intense grief and he asked them “what can other people do to help someone who is grieving?” Here are their responses compiled in a “Do’s and Don’ts” format:

-**Don’t avoid the person who mourns.**

-**Don’t worry about the right thing to say.**

-**Don’t treat the survivor differently.**

-**Do understand the grieving process goes on a for long time.**

-**Don’t think it necessary to bring it up every time you see them.**

-**Don’t say, “I know exactly how you feel.”**

**-Do allow for recovery.**

**-Do be willing to reminisce.**

-**Don’t push yourself on someone if you weren’t close before.**

**-Do be personal.**

-**Do keep your sense of humor.**

**-Do remember the time you are most needed is not immediately.**

Three triumphant truths that can help bring healing for the wound of grief:

**1) Grief is inevitable—expect it.**

**2) Faith is essential—hold on to it.**

1 Peter 1:6 reads: *In all this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials.* Grief and trials are for a little while; they’re temporary; but there is coming a day when God will wipe away all tears from grieving eyes and this old order of sorrow will pass away.

Jesus said, *“I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die. Do you believe this?”* (John 11:25, 26)

**3) Life is precious and fleeting—live it.**

*Therefore, my dear brothers and sisters, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain.* (1 Corinthians 15:58)