

### **“Acquainted with Grief”**

Isaiah 53:3a “He was despised and forsaken of men, a man of sorrows and acquainted with grief.”

1. The Reality of Grief and Loss
  - a. Grief is a Universal Experience
  - b. Grief is something for which there is no cure.
  - c. Those who surround the grief-stricken seem to be the most distressed by it.
  - d. I cannot remain unaffected by those around me who suffer grief.
2. Types of Losses
  - a. Death of a loved one
  - b. Divorce (death of a marriage)
  - c. Loss of a job.
  - d. Unmet or unfulfilled expectations.
  - e. Children leaving the nest.
  - f. Adult children returning to the nest.
  - g. Death of a pet.
  - h. Loss of physical ability
3. Practical Steps for Dealing with Grief and Loss
  - a. Honestly and courageously acknowledge the reality of your loss.
  - b. Let yourself experience and talk about the painful feelings caused by your loss.
  - c. Begin to put your life back together by making decisions and taking actions that are constructive and that make allowances for what you have lost.
  - d. Begin to put your loss into a wider context of meaning and faith.
  - e. Reach out to and help others who have also suffered a similar fate.
  - f. Keep in mind that grief is a process.
  - g. Our God is the God of all comfort. (2 Cor. 1:4-7)