



DEALINGS WITH OUR FEELINGS

8. The Grind of Grief

A woman with her hair in a bun is seen from behind, hugging two children. On the left, a young girl with two braided pigtails looks over her shoulder with a serious expression. On the right, a young boy with curly hair is resting his head on the woman's shoulder, looking down thoughtfully. The scene is set against a plain, light-colored wall.

**WHAT'S THE TOUGHEST PAIN YOU FACED
AS A FAMILY WHEN YOU WERE A KID?**

What about as an adult?

A man with a beard, wearing a beige ribbed sweater and teal pants, is sitting on a dark wooden chair. He has his right hand to his chin in a thoughtful pose. The chair has a floral patterned cushion on the right side. The background is a plain, light-colored wall.

IS GRIEF LIMITED TO DEATH? EXPLAIN.

What has caused you to grieve?



**WHAT'S THE TOUGHEST FUNERAL
YOU HAVE EVER ATTENDED?**

Why was it so difficult?

Grief

Grief is the price we pay for love.

E.A. Bucchianeri

I will not say: do not weep; for *not all tears are an evil.*

J.R.R. Tolkien

You think you've accepted that someone is out of your life, that you've grieved and it's over, and then bam.

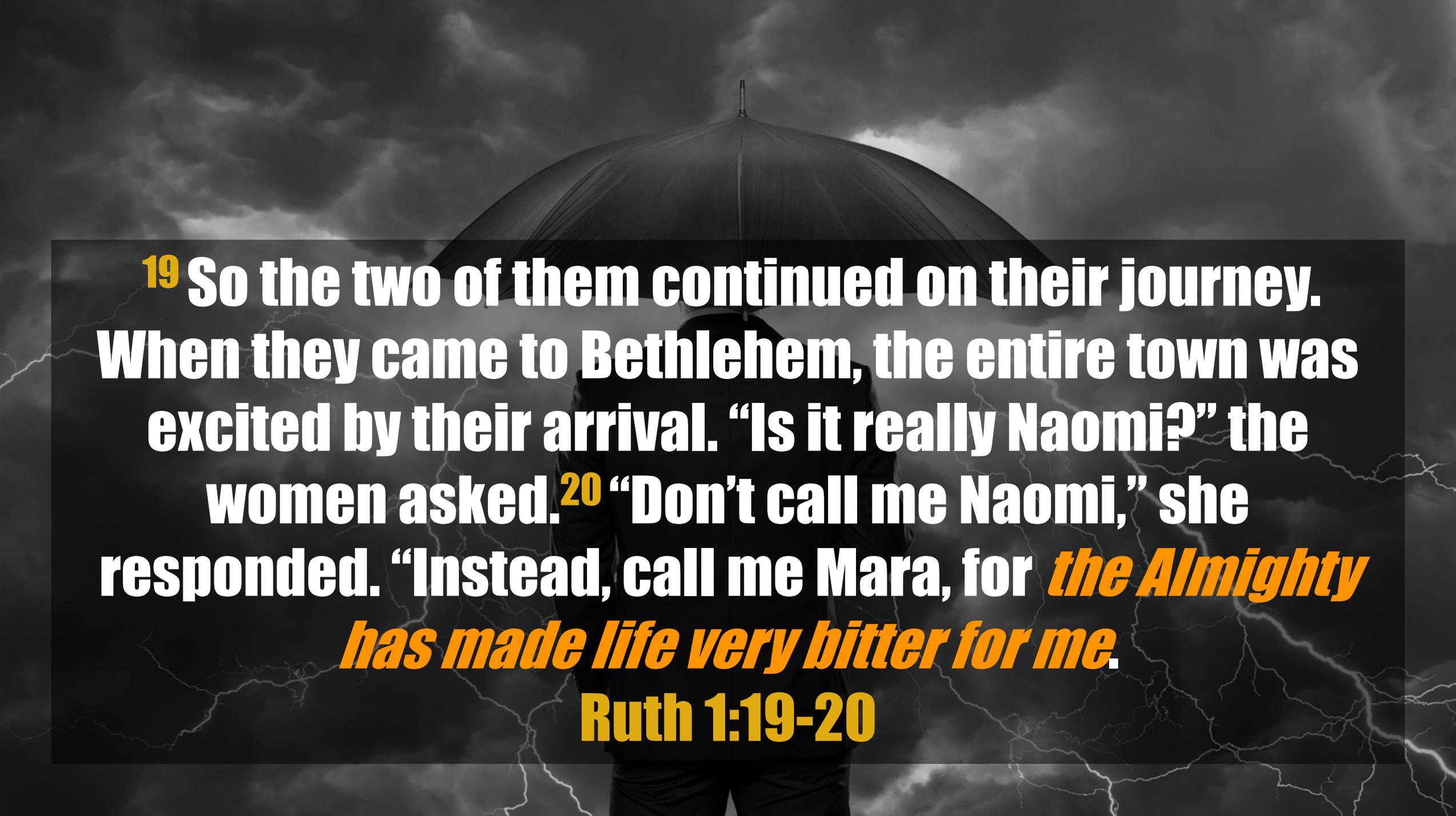
One little thing, and you feel like you've lost that person all over again.

Rachel Hawkins



**T1 GRIEF MAKES YOU FEELS AS IF
GOD HAS ABANDONDED YOU.**

Ruth 1:19-21

A person is seen from behind, holding a large black umbrella. The background is a dark, stormy sky with several bright lightning bolts striking down. The scene is dramatic and atmospheric.

19 So the two of them continued on their journey. When they came to Bethlehem, the entire town was excited by their arrival. “Is it really Naomi?” the women asked. **20** “Don’t call me Naomi,” she responded. “Instead, call me Mara, for *the Almighty has made life very bitter for me.*”

Ruth 1:19-20



21 I went away full, but *the Lord has brought me home empty.* Why call me Naomi when the Lord has caused me to suffer and *the Almighty has sent such tragedy upon me?*”

Ruth 1:21

Hope

Yesterday is history, tomorrow is a mystery, *today is a gift of God*, which is why we call it the present.

Bill Keane

They say a person needs just three things to be truly happy in this world: *someone to love, something to do, and something to hope for.*

Tom Bodet

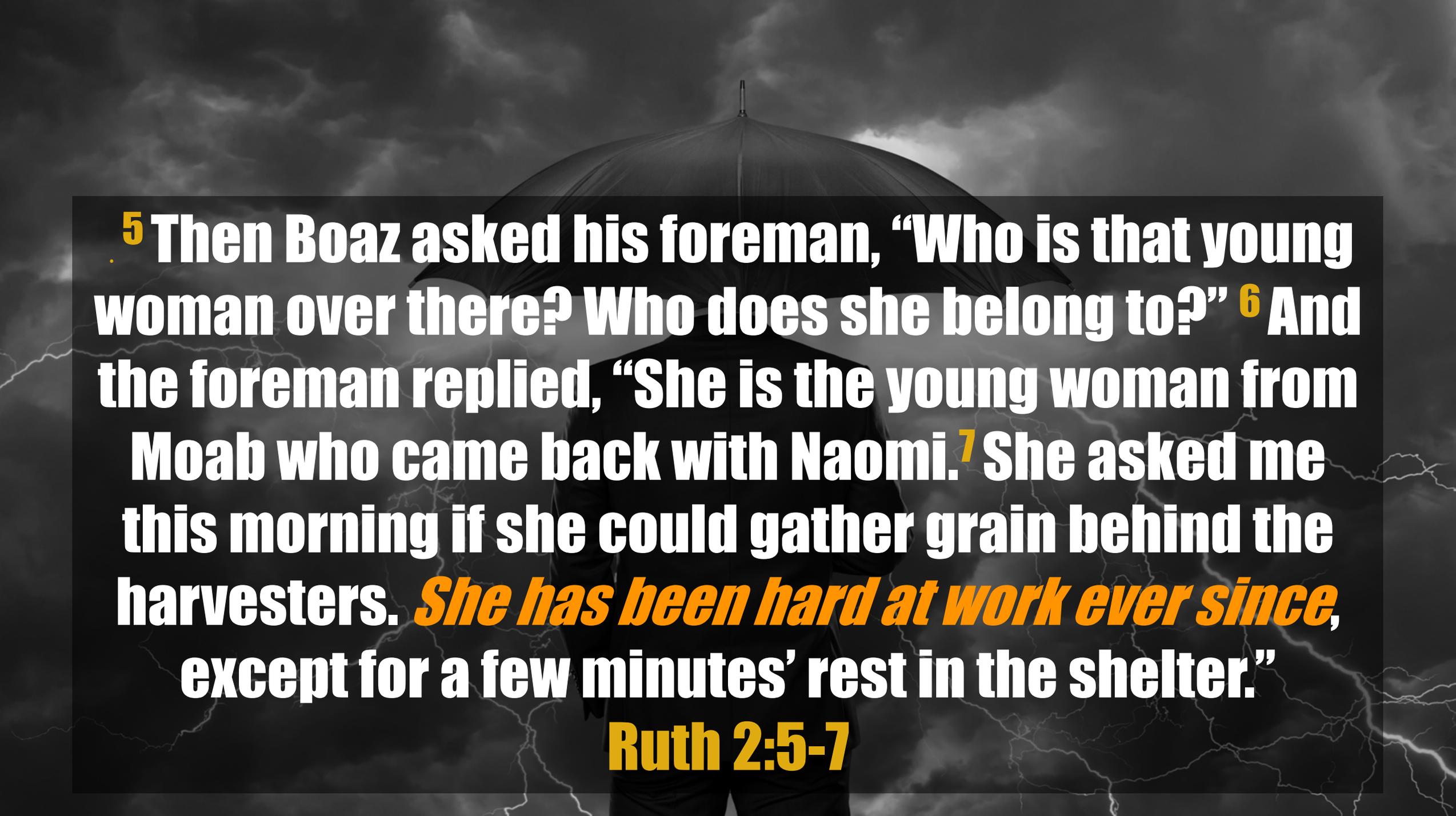
The Lord is close to the brokenhearted; He rescues those whose spirits are crushed.

Psalms 34:18



T2 GOD IS WORKING ON YOUR
BEHALF BEHIND THE SCENES.

Ruth 2:5-12

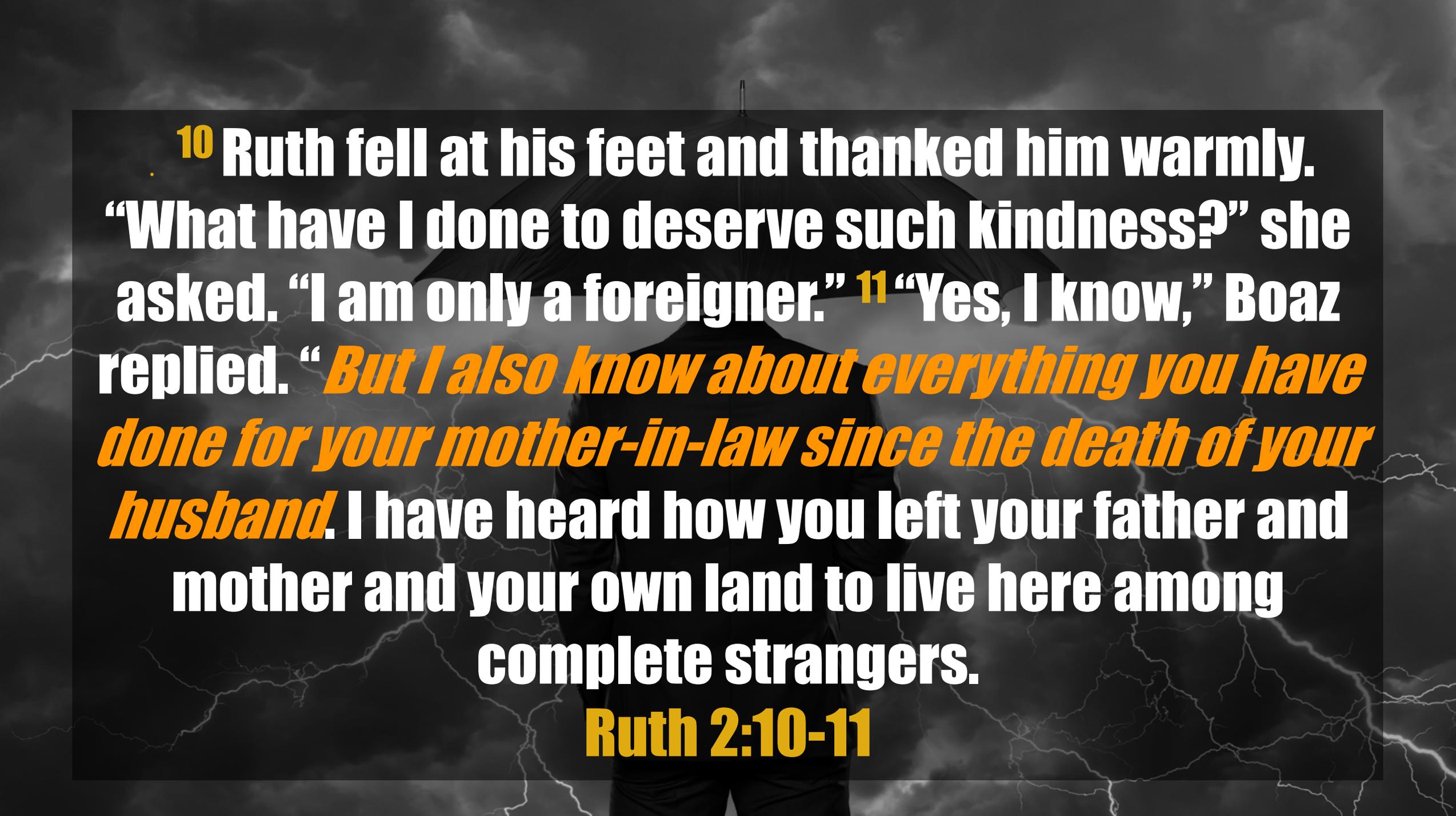


5 Then Boaz asked his foreman, “Who is that young woman over there? Who does she belong to?” **6** And the foreman replied, “She is the young woman from Moab who came back with Naomi.” **7** She asked me this morning if she could gather grain behind the harvesters. ***She has been hard at work ever since, except for a few minutes’ rest in the shelter.***”

Ruth 2:5-7

8 Boaz went over and said to Ruth, “Listen, my daughter. Stay right here with us when you gather grain; don’t go to any other fields. Stay right behind the young women working in my field. **9** See which part of the field they are harvesting, and then follow them. *I have warned the young men not to treat you roughly.* And when you are thirsty, *help yourself to the water they have drawn from the well.*”

Ruth 2:8-9



10 Ruth fell at his feet and thanked him warmly. “What have I done to deserve such kindness?” she asked. “I am only a foreigner.” **11** “Yes, I know,” Boaz replied. “*But I also know about everything you have done for your mother-in-law since the death of your husband.* I have heard how you left your father and mother and your own land to live here among complete strangers.

Ruth 2:10-11



¹² *May the Lord*, the God of Israel, under whose wings you have come to take refuge, ***reward you fully for what you have done.***

Ruth 2:12

Faith

Weeping may last through the night, but joy comes in the morning.

Psalms 30:5

God is our refuge and strength an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea.

Psalms 46:1-2

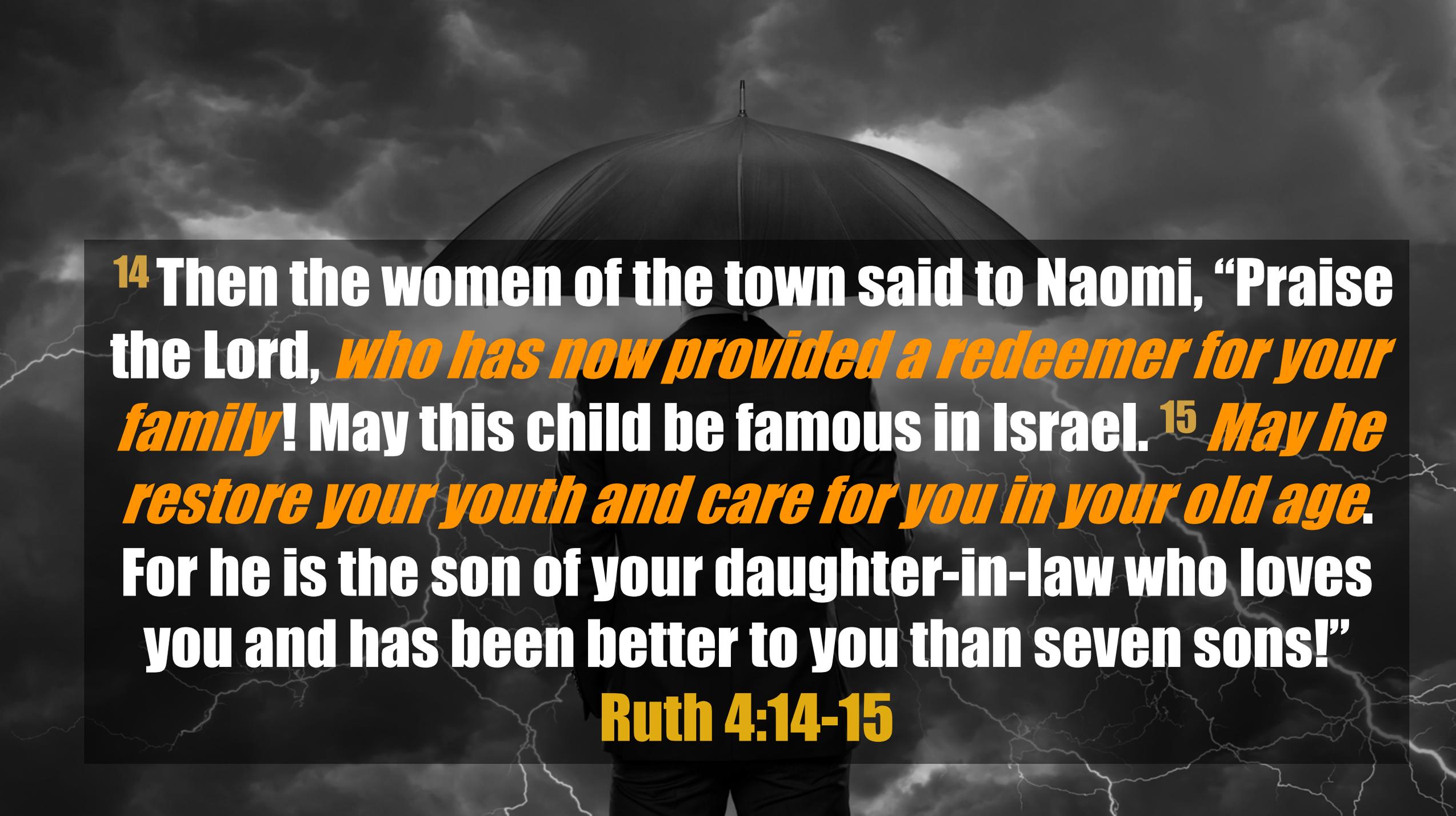
You have allowed me to suffer much hardship, but you will restore me to life again and lift me up from the depths of the earth.

Psalms 71:20

A woman wearing a bright blue raincoat with a hood is shown in profile, looking upwards with a joyful expression. She is standing in the rain, with water droplets visible around her. The background is dark with a bokeh effect of light spots, suggesting a night or low-light setting. The overall mood is one of hope and faith.

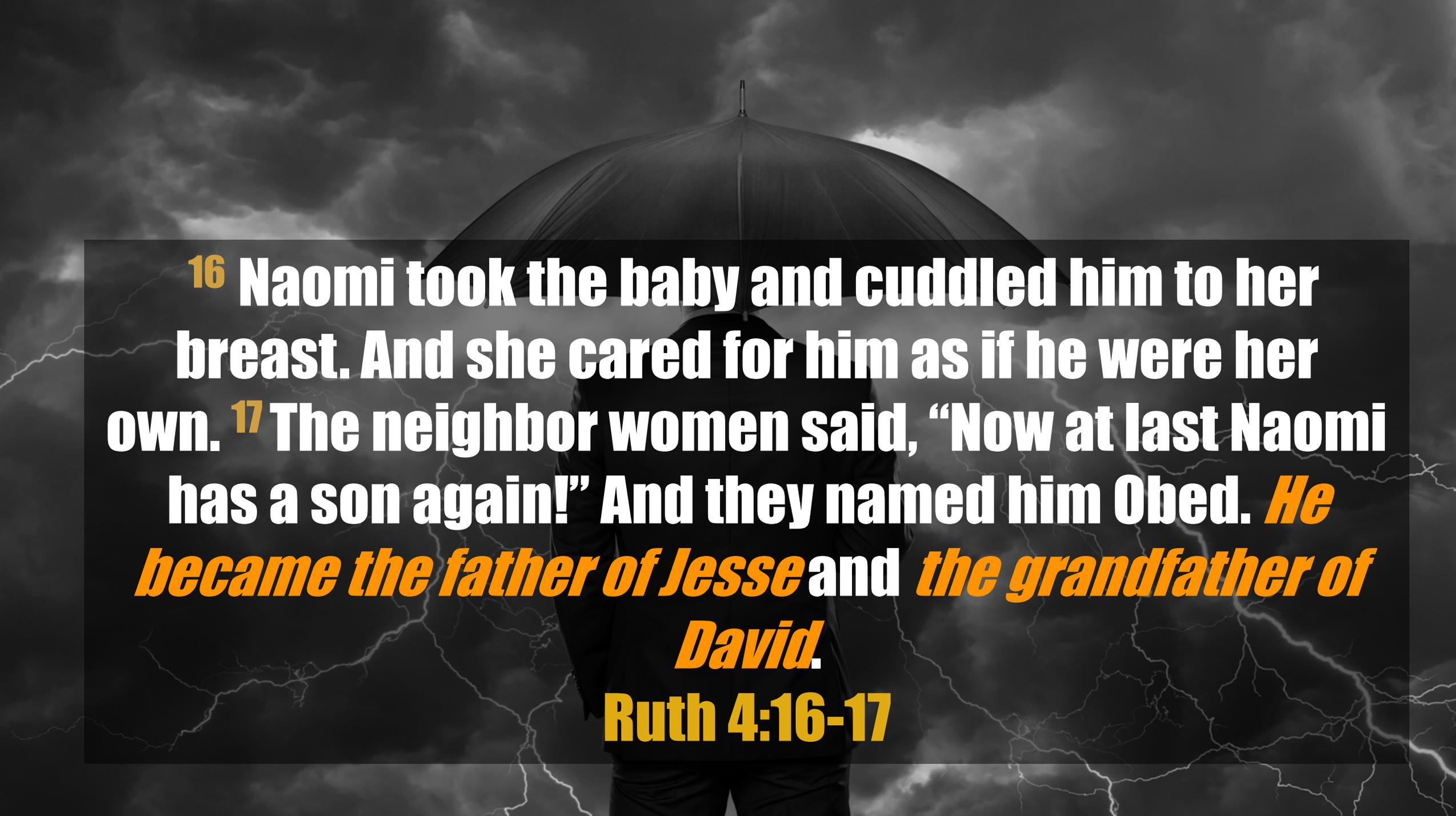
T3 GOD WILL USE YOUR SORROW
FOR YOUR ULTIMATE GOOD.

Ruth 4:14-17

A person is seen from behind, holding a large black umbrella. The background is a dramatic, dark sky with heavy, grey clouds and several bright, jagged lightning bolts striking down. The overall mood is one of protection and resilience.

14 Then the women of the town said to Naomi, “Praise the Lord, *who has now provided a redeemer for your family!* May this child be famous in Israel. **15** *May he restore your youth and care for you in your old age. For he is the son of your daughter-in-law who loves you and has been better to you than seven sons!”*

Ruth 4:14-15



16 Naomi took the baby and cuddled him to her breast. And she cared for him as if he were her own. **17** The neighbor women said, “Now at last Naomi has a son again!” And they named him Obed. *He became the father of Jesse and the grandfather of David.*

Ruth 4:16-17



**HAS GRIEF DRAWN YOU CLOSER TO
GOD OR PULLED YOU AWAY FROM GOD?**

What did you learn in the pain?



HOW DID GOD LIFT YOU UP FROM GRIEF?
*What advice would you give someone
in their grief?*