



# 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 being held and looks 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.

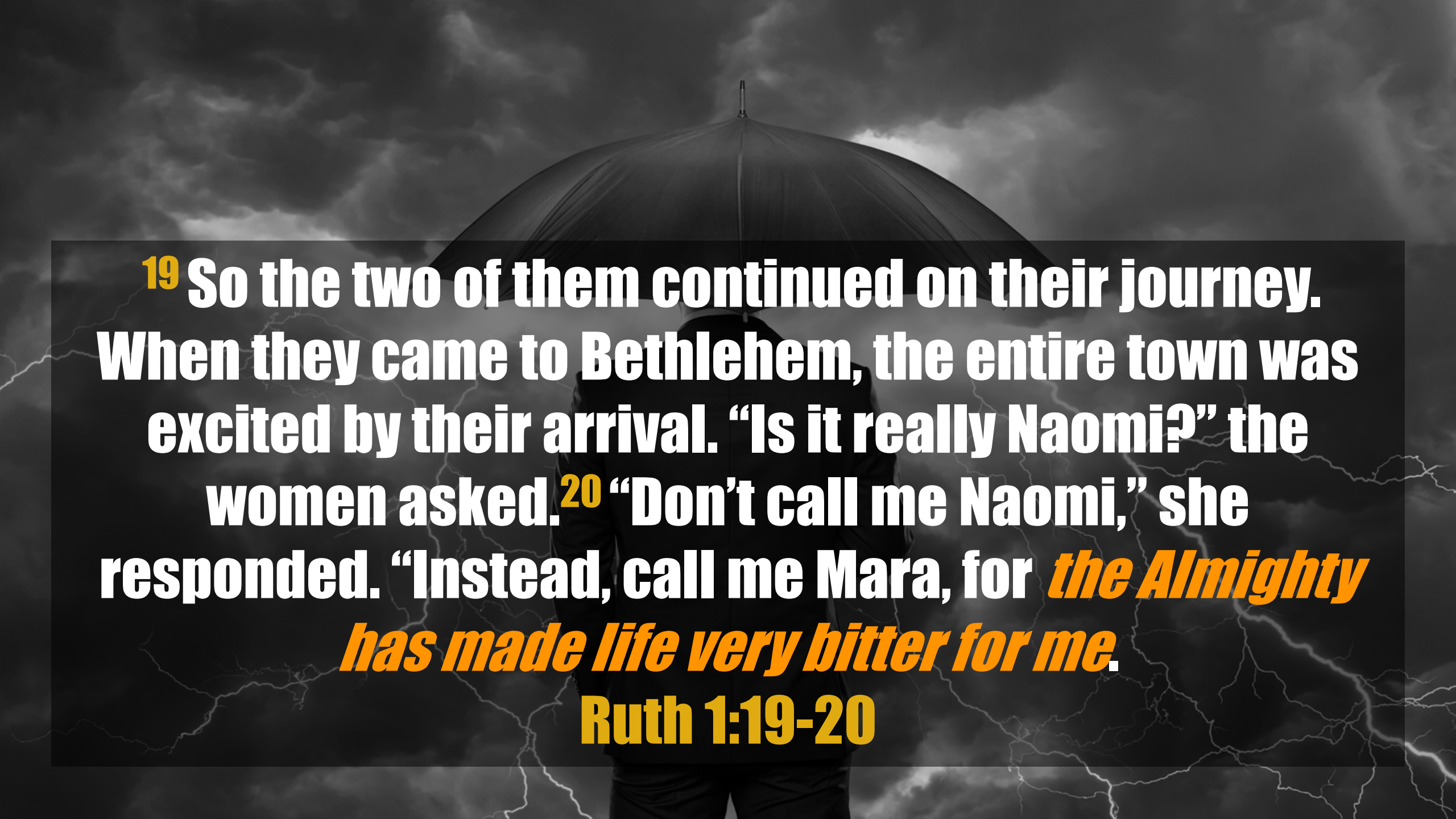
*One little thing, and you feel like you've lost that person all over again.*

**Rachel Hawkins**




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

***Ruth 1:19-21***



**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**

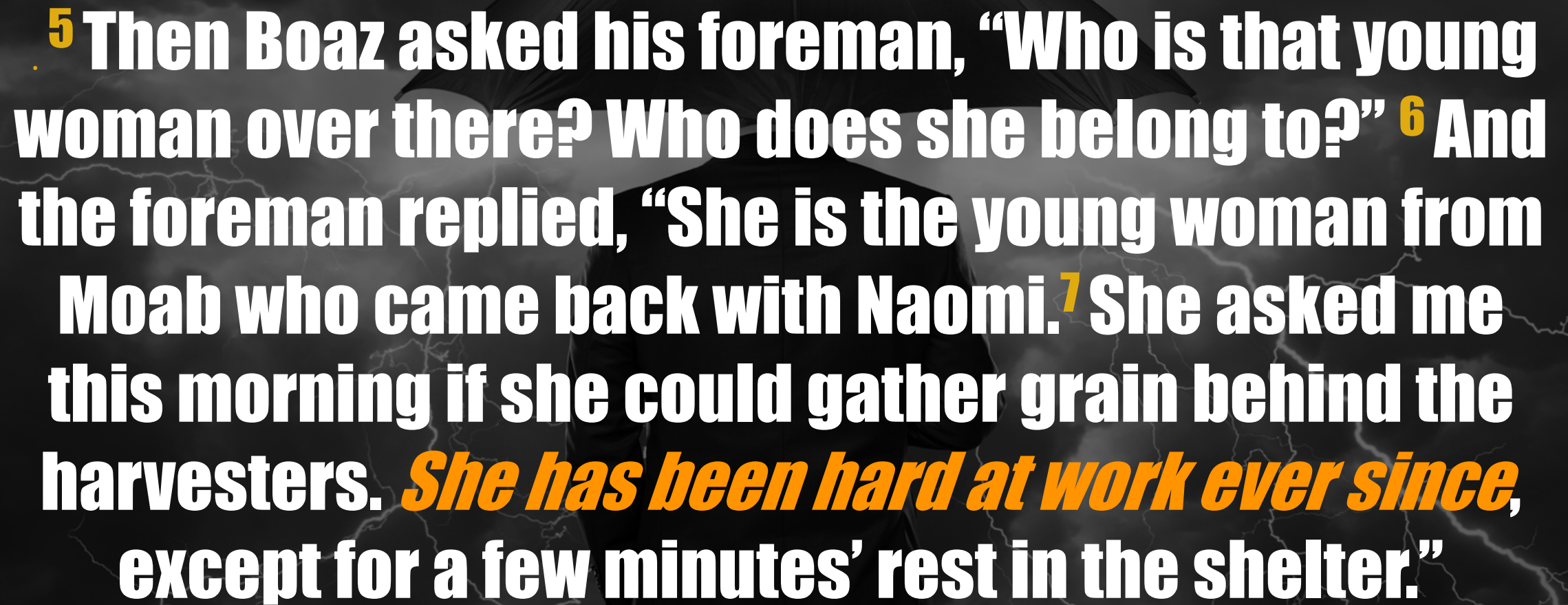
**The Lord is close to the brokenhearted; He rescues those whose spirits are crushed.**

**Psalms 34:18**



**T2** GOD IS WORKING ON YOUR  
BEHALF BEHIND THE SCENES.

***Ruth 2:5-12***

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.

**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**



**<sup>12</sup> *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***

A person is seen from behind, holding a black umbrella. The background is a dark, stormy sky with several bright lightning bolts striking down. The overall mood is one of resilience and faith in the face of adversity.

**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.**

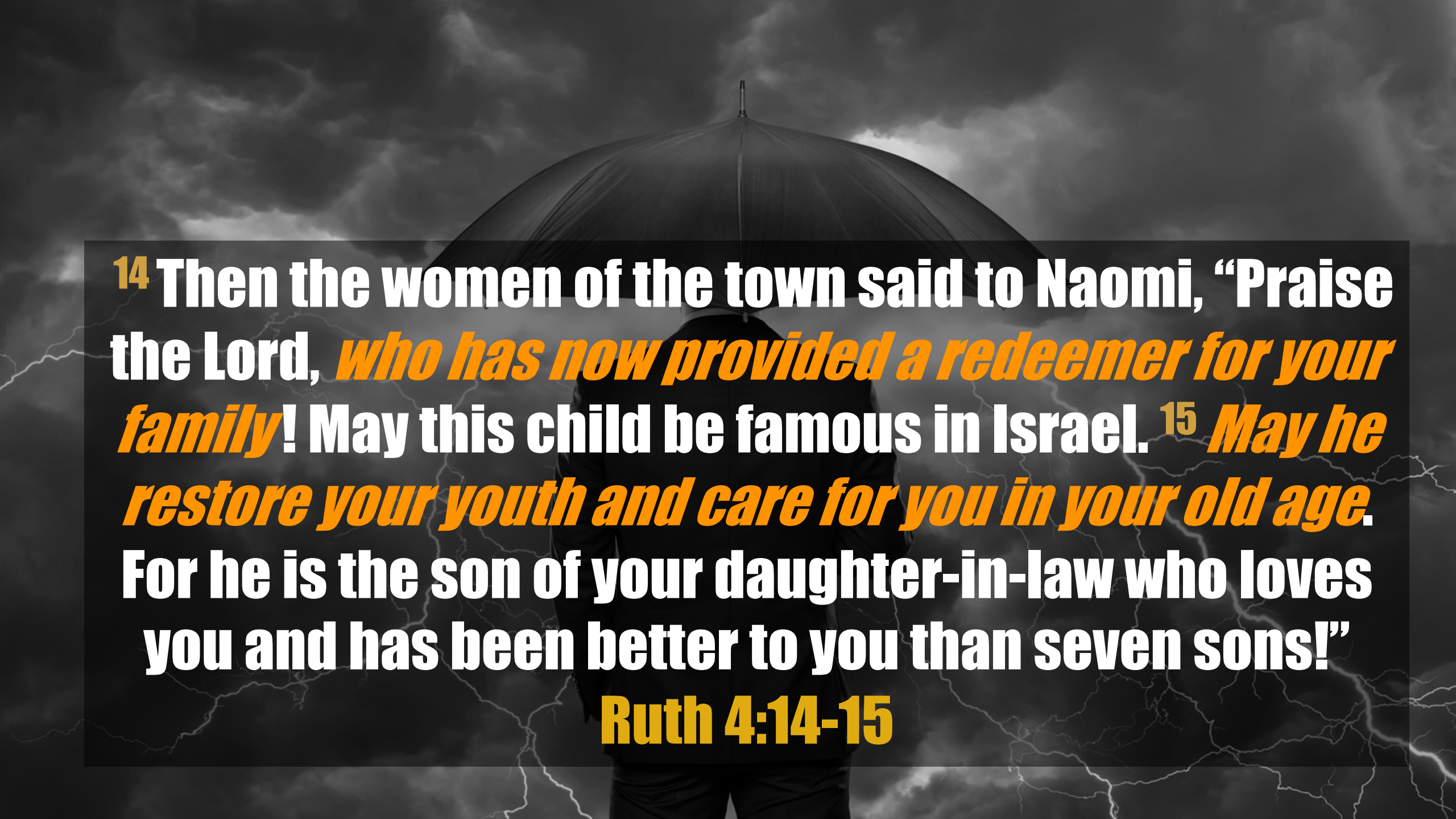
**Psalms 71:20**

A woman wearing a teal raincoat with the hood up is looking upwards with a joyful expression, her face wet with rain. The background is dark with many small, bright white specks, suggesting a night sky or a heavy rain shower. The overall mood is one of hope and faith.

**T3** GOD WILL USE YOUR SORROW  
FOR YOUR ULTIMATE GOOD.

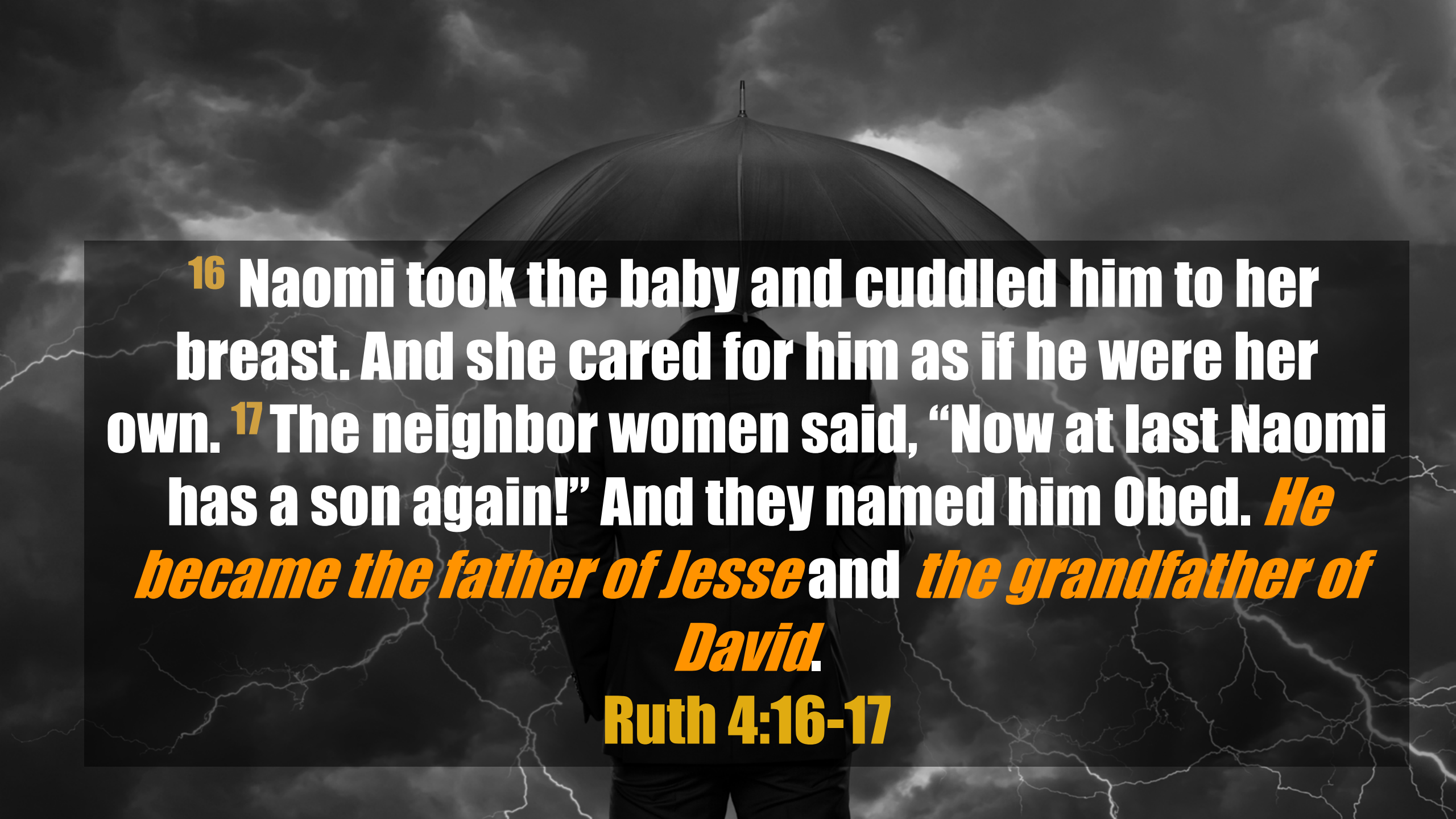
***Ruth 4:14-17***



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?*