

First Baptist Church of Progress Village
Why Am I Like This? By Kobe Campbell
Bible and Book Study Series
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Chapter 8: “Grieving The Loss: What Do I Do With The Pain?”

What if you can't just get over it, what if time hasn't healed it, what if you have faith, but still hold hurt and brokenness? What do I do now?

The answer is you allow yourself to **Grieve**.

Grief is the **anguish** experienced after significant **loss**. When we grieve, we acknowledge the loss of safety, peace, assurance, acceptance, and more as a result of our trauma.

I. How to Grieve

There is no **restoration**, healing, or freedom without grief.

Feeling and connecting to our emotions gives us the valuable information we need for healing.

II. How to Feel

How do you sense God's Spirit in your life?

"be mindful of your feelings, but don't allow them to control you!" Don't allow feelings to be the only thing you use to make decisions.

The Spirit is evidenced by what we see, hear, experience and **FEEL**. It is almost exclusively through emotions and physical sensations that communicate those feelings and emotions. (p. 142)

III. Experiencing our Emotions

Emotions enhance our humanity and display our **likeness** to a beautifully infinite and deeply feeling God. (p.142)

God created us in His **Image**

Joy, humor, irony

Psalm 37:12-13 *The wicked plotteth against the just, and gnasheth upon him with his teeth. The Lord shall laugh at him: for he seeth that his day is coming.*

Zephaniah 3:17 *For the Lord your God is living among you. He is a mighty savior. He will take delight in you with gladness. With his love, he will calm all your fears. He will rejoice over you with joyful songs.*

Pity, empathy

Judges 2:18 (ESV) *Whenever the LORD raised up judges for them, the LORD was with the*

judge, and he saved them from the hand of their enemies all the days of the judge. For the LORD was moved to pity by their groaning because of those who afflicted and oppressed them.

Compassion

Lamentations 3:22 *It is of the LORD'S mercies that we are not consumed, because his compassions fail not.*

Anger

Judges 2:19-20 (ESV) *But whenever the judge died, they turned back and were more corrupt than their fathers, going after other gods, serving them and bowing down to them. They did not drop any of their practices or their stubborn ways. So the anger of the LORD was kindled against Israel, and he said, "Because this people have transgressed my covenant that I commanded their fathers and have not obeyed my voice,*

Grief

Psalms 78:38-40 *But he, being full of compassion, forgave their iniquity, and destroyed them not: yea, many a time turned he his anger away, and did not stir up all his wrath. For he remembered that they were but flesh; a wind that passeth away, and cometh not again. How oft did they provoke him in the wilderness, and grieve him in the desert!*

Love

Jeremiah 31:3 *Long ago the Lord said to Israel: "I have loved you, my people, with an everlasting love. With unfailing love I have drawn you to myself.*

God's emotions are never tainted by sin. God's emotions can never lead to sin nor are they corrupted by sin.

Our Emotions, like every part of humanity, have been affected by the brokenness that entered the world with sin.

Genesis 1:31 *And God saw every thing that he had made, and, behold, it was very good. And the evening and the morning were the sixth day.*

The original design of emotions is perfect because God designed us wonderfully and complex.

Emotions are meant to assist us as we navigate the world and our relationship with God and other people. (p.141)

When we access our emotions, we access the messages they are trying to tell us. Connecting to our emotions allows us to utilize the system of awareness, connection, and appraisal that God has given us to help deal with the hardships of life. (p. 150)

So now, what exactly do I do with this pain?

- A. **Movement** – movement is a powerful way to grieve and process the pain physically. Examples like slow and mindful stretching (yoga), dancing, walking, skipping can help us grieve as we allow the pent-up emotions we carry to be released from our bodies. (p. 147)

- B. **Name** It to Tame It – Putting words to what we feel, and are carrying helps relieve the intensity of our emotions and begins to make them less overwhelming. Build Your Emotional **Vocabulary**.
- C. Breath **Prayer** –This is a good practice for those of us who may feel overwhelmed, frustrated, sad, or distant from God.
Read middle page 148.

Inhale: Good God,	Exhale: my pain matters to You.
Inhale: Father,	Exhale: I am safe with You.
Inhale: Jesus,	Exhale: You see my broken heart.
Inhale: Abba,	Exhale: show me you care.

- D. **Lament** – Talk to God about your feelings.

Lamentations 3:1-20 *I am the man that hath seen affliction by the rod of his wrath. He hath led me, and brought me into darkness, but not into light...18 And I said, My strength and my hope is perished from the LORD: Remembering mine affliction and my misery, the wormwood and the gall. My soul hath them still in remembrance, and is humbled in me.*

Lament reminds us that we're not **alone**, that it is good to feel, and that healing comes from engaging with our pain instead of avoiding it. (p.149)

Anatomy of Lament (p.149):

Address to God: Call on God in a way that is authentic and personal to you.

Complaint: Tell God what is making you frustrated, angry, etc

Request: Ask God for help to do something about it.

Motivation: Explain to God why He should be motivated to move on your behalf

Confidence: Communicate what you know of God that empowers you to have faith.

IV. Grieving is **NOT** Complaining – Invite Jesus into your grief. (p.151)

Lamentations 3:21-25 *This I recall to my mind, therefore have I hope. It is of the LORD'S mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness. The LORD is my portion, saith my soul; therefore will I hope in him. The LORD is good unto them that wait for him, to the soul that seeketh him.*

If we are always consoling ourselves, when does God get a chance to be our comforter?

John 14:25-27 *These things have I spoken unto you, being yet present with you. But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you. Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.*

Psalm 34:4-8 *I sought the LORD, and he heard me, and delivered me from all my fears. They looked unto him, and were lightened: and their faces were not ashamed. This poor man cried, and the LORD heard him, and saved him out of all his troubles. The angel of the LORD encampeth round about them that fear him, and delivereth them. O taste and see that the LORD is good: blessed is the man that trusteth in him.*

You cannot **taste** the goodness of the Lord if you refuse to open your **mouth**!

Psalm 56:8 (TLB) *You have seen me tossing and turning through the night. You have collected all my tears and preserved them in your bottle! You have recorded every one in your book.*

Grieving is the first step of healing and restoration. Healing is not about forgetting the past; its about experiencing the redemption of past moments that traumatize us in the present.

Reflection Questions:

1. What did your trauma keep you from receiving?
2. What activity listed in this chapter are you most drawn to, to help you grieve?
3. What emotions are you feeling that you can express to God in that activity?

ROADMAP AHEAD

Part 2 - Healing Our Wounds

11/01 - Discovering The Truth: How Does God Respond To My Trauma?

11/08 - Recognizing Triggers: Why Do I React This Way?

11/15 - Grieving The Loss: What Do I Do With the Pain?

11/22 – **THANKSGIVING BREAK**

11/29 - Moving Forward: How Do I Begin Healing?

12/06 - Trusting Others With My Pain: What If I Can't Do It Alone?