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# What is your most treasured possession?



John 11:33-35 When Jesus saw her weeping, and the Jews who had come with her also weeping, he was deeply moved in his spirit and greatly troubled. And he said, "Where have you laid him?" They said to him, "Lord, come and see."

Jesus wept.

#### John 11:35



## "JESUS WEPT" JOHN 11:35

against it.

#### John 11:38

#### Then Jesus, deeply moved again, came to the tomb. It was a cave, and a stone lay

### 1 Corinthians 15:26

#### The last enemy to be destroyed is death.

the principle of retribution: the righteous are blessed and prosper while the wicked are cursed and suffer

#### THE FIVE STAGES OF THE **GRIEVING PROCESS**

#### **KÜBLER-ROSS GRIEF CYCLE**

#### DENIAL

avoidance, confusion, elation, shock, fear

#### ANGER

frustration, irritation, anxiety



BARGAINING struggling to find meaning, reaching out to others, telling one's story

#### ACCEPTANCE

exploring options, new plan in place, moving on



overwhelmed, helplessness, hostility, flight

@gvcounseling

## Stages of Grief

#### The experience you expected:

Acceptance

Anger

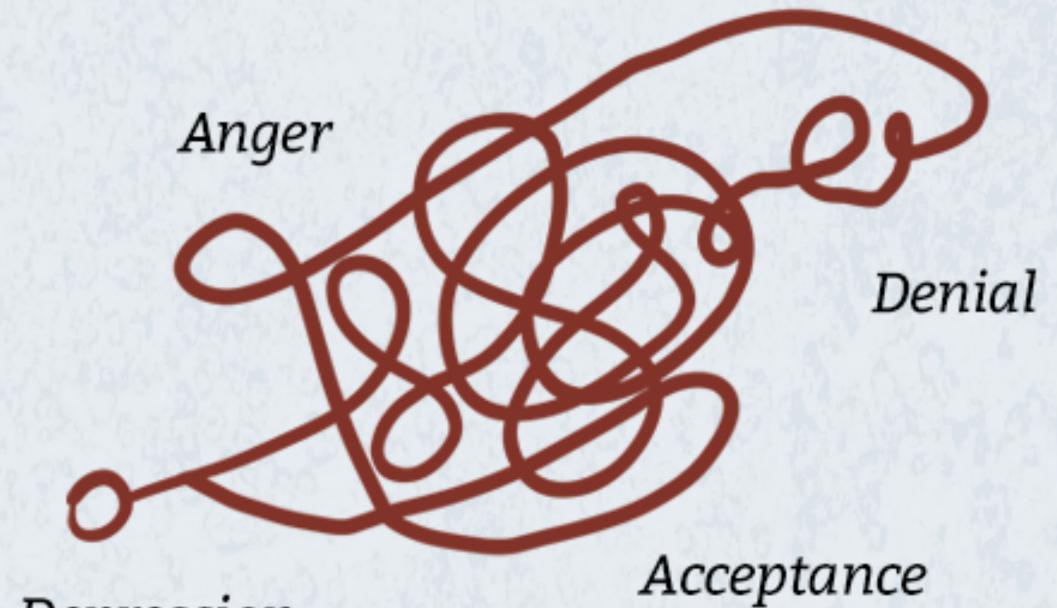
Denial

Bargaining

Depression

#### The experience you got:

Bargaining



Depression



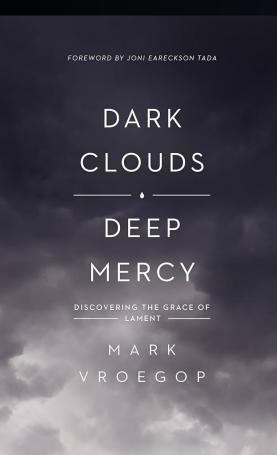
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## John 11:36

#### So the Jews said, "See how he loved him!"

## Grief is is a right, proper, and natural

response to the loss of a loved one.



#### Mark Vroegop

Dark Clouds, Deep Mercy

"Lament is the song we sing in the space between pain and promise. It becomes the path between the poles of a hard life and trusting God's goodness. Lament helps us embrace two truths at the same time: hard is hard; hard is not bad...to cry is human but to lament is Christian."

- 4. Trust

Lament

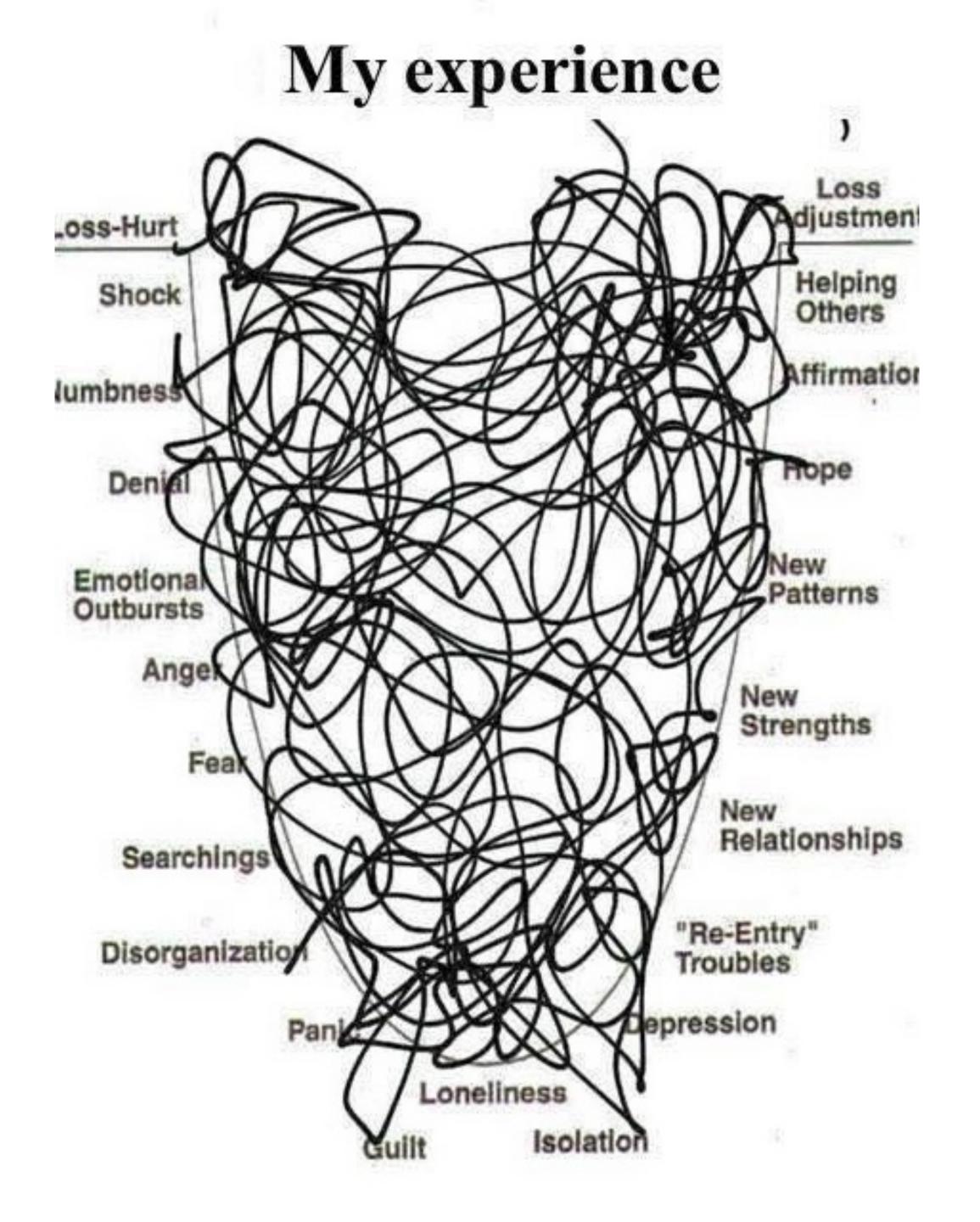
1. Address 2. Complaint 3. Request

## Lament (Matthew 26:36-45)

- 1. Address : My Father
- 2. Complaint: My soul is overwhelmed with sorrow to the point of death.
- 3. Request: If it is possible, may this cup be taken from me.

## Lament (Matthew 26:36-45)

4. Trust - Yet not as I will but as you will



I want to know Christ-yes, to know the power of his resurrection and participation in his death

# Philippians 3:10

## sufferings, becoming like him in his

- 4. Trust

Lament

1. Address 2. Complaint

3. Request