

DR. ROBERT JEFFRESS

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INVINCIBLE

CONQUERING THE MOUNTAINS
THAT SEPARATE YOU
FROM THE BLESSED LIFE

"MOVING FROM GRIEF TO ACCEPTANCE"

PSALM 13

Introduction: Mother's Day can be painful for some people who have experienced the death of a mother, the loss of a child, struggles with infertility, or the death of a relationship. Today, we are going to discover how to conquer the mountain of grief by moving from grief to acceptance.

I. The Many Sources Of Grief

II. Various Reactions To Death

A. We Deny Death

B. We Laugh at Death

C. We Fear Death

2 Corinthians 5:8 "We are of good courage, I say, and prefer rather to be absent from the body and to be at home with the Lord."

III. The Stages Of Grief

A. Shock (Proverbs 15:13)

Proverbs 15:13 "A joyful heart makes a cheerful face, but when the heart is sad, the spirit is broken."

Proverbs 17:22 "A joyful heart is good medicine, but a broken spirit dries up the bones."

Ecclesiastes 3:1-2a, 4¹ "There is an appointed time for everything. And there is a time for every event under heaven—² A time to give birth and a time to die...⁴ A time to weep and a time to laugh; a time to mourn and a time to dance."

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B. **Despondency** (Psalm 13:1-2)

Psalm 13:1-2 ¹ “How long, O LORD? Will You forget me forever? How long will You hide Your face from me? ² How long shall I take counsel in my soul, having sorrow in my heart all the day? How long will my enemy be exalted over me?”

C. **Regression** (Job 3:20)

Job 3:20 “Why is light given to him who suffers, and life to the bitter of soul?”

D. **Adaptation** (Psalm 30:5b)

Psalm 30:5b “Weeping may last for the night, but a shout of joy comes in the morning.”

IV. **A Case Study In Grief** (John 11:1-44)

John 11:1-3 ¹ “Now a certain man was sick, Lazarus of Bethany, the village of Mary and her sister Martha. ² It was the Mary who anointed the Lord with ointment, and wiped His feet with her hair, whose brother Lazarus was sick. ³ So the sisters sent word to Him, saying, ‘Lord, behold, he whom You love is sick.’”

V. **Simple Reminders When Comforting The Grieving** (2 Corinthians 1:4)

2 Corinthians 1:4 “God comforts us in all of our affliction so that we will be able to comfort those who are in any affliction with the comfort with which we ourselves are comforted by God.”

A. **Act Genuine**

B. **Be Quiet**

C. **Comfort by Being Supportive**

D. **Do Something Practical**

VI. The Path From Grief To Acceptance

Give Voice to Your Emotions

Remember Simple Truths and Practices

Involve Others in Your Grief

Ecclesiastes 4:9-10 ⁹ "Two are better than one because they have a good return for their labor. ¹⁰ For if either of them falls the one will lift up his companion. But woe to the one who falls when there is not another to lift him up."

Eat, Dress, and Sleep

Forgive Others

Hebrews 12:15 "See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble, and by it many be defiled."

Conclusion