

**References:** Genesis 23, Romans 12:15, 1 Thessalonians 4:13-18, Psalm 23:4, 1 Peter 5:7, John 14:1-6, Psalm 30:5

Process: Denial. Anger. Depression. Acceptance.

Grief is not a good word, but grieving is good.

It is easy to focus on death and miss the opportunity to celebrate the blessing of life that we have enjoyed.

A clear and healthy strategy for good grief:

I. Good grief takes time and patience (23:1-2)

The process of grieving cannot be rushed.

Grief is a natural part of life and death.

Remember to be patient with yourself and others.

II. Good grief brings the peace of God (23:3-16)

Abraham trusted God, and it allowed him to walk ahead peacefully.

III. Good grief focuses on the future (23:17-20)

It took a death for Abraham to begin possessing God's promises.

Abraham focused on the future promise even in the time of sadness and loss.

The biggest challenge at the loss of a loved one is to live the remaining life we have with purpose.

Work is a way to calm and control grief, not a way to cancel or correct grief.

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