

Godly Grief  
I Thessalonians 4:13-18  
February 10, 2019

**Christians are expected to grieve. (13)**

- **What is grief?**
  - Biblically, grief is a complex experience of pain and sorrow.
  - We all know grief.
- ***Why do we grieve?***
  - *We grieve because...*
    - ...of unrealized dreams.
    - ... of guilt.
    - ... death is our enemy.
    - ...we are separated from a loved one.
    - ...it reminds us of our own mortality.
- **I do not grieve for the person who is lost, but for my own subsequent loss.**

**Christians are to limit their grief. (13b)**

- See grief as an opportunity for growth.
- Write out your prayers.
- Do not allow your sorrow to displace everything else in life.

**Christians should find hope and help in grief.**

**Christian should be encouraged in grief (18)**