

The image shows the interior of a train car, likely a passenger car, with rows of empty seats on both sides of a central aisle. The seats are dark-colored with a textured pattern. The aisle is a reddish-brown color. The ceiling is white with recessed lighting. The walls are a light green color. There are windows on both sides of the car. The overall atmosphere is quiet and empty.

Waiting in Grief

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The image shows the interior of a train car, viewed from the perspective of someone standing in the aisle. The car is empty, with rows of dark, textured seats on both sides of a central aisle. The floor is a reddish-brown color. The ceiling is white with recessed lighting fixtures. The walls are a light green color. The overall atmosphere is quiet and still.

Pain

Hope

Blessing

Waiting

- Grief is Normal- Universal

**WAITING
REQUIRED**

**Painful Truth #1
You Can't Stop Grief**

The image shows the interior of a train car, viewed from the perspective of someone standing in the aisle looking towards the front. The car has a curved ceiling with recessed lighting. The walls are a light green color, and there are large windows on both sides. The seats are dark-colored with a textured pattern. A central aisle with a reddish-brown floor runs down the middle. At the far end of the car, there is a doorway and two framed pictures on the wall. The number '111' is visible above the doorway.

“Bereavement is a universal and integral part of our experience of love”

- Grief is Normal- Universal
- We Don't Know What to Do With Grief

**WAITING
REQUIRED**

Painful Truth #1
You Can't Stop Grief

Waiting

Biblically, waiting is an active verb indicating that “to wait” is to be aware through all of the senses of what is occurring around you and discerning the right time to do the next thing

“Our soul waits for the LORD; he is our help and our shield.” Psalm 33:20

“Wait for the LORD; be strong, and let your heart take courage; Wait for the LORD!” Psalm 27:14

“Be strong, and let your heart take courage, all you who wait for the LORD!” Psalm 31:24

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- Grief is Normal- Universal
 - We Don't Know What to Do With Grief
 - Cannot Be Done "Wrong"
 - Can Be Delayed
 - We Survive Grief

**WAITING
REQUIRED**

Painful Truth #1
You Can't Stop Grief

- A Meandering Unpredictable Journey

**WAITING
REQUIRED**

Painful Truth #2

Grief is a Process Not Punishment

The image shows the interior of a train car, viewed from the perspective of someone standing in the aisle looking towards the front. The car has rows of dark, patterned seats on both sides of a central aisle. The ceiling is white with recessed lighting fixtures. The walls are a light green color. The overall atmosphere is quiet and somewhat somber.

“Grief is like a long valley, a winding valley where any bend may reveal a totally new landscape”

“ I thought I could describe a state; make a map of my sorrow. Sorrow, however, turns out to be not a state but a process”

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- A Meandering Unpredictable Journey
 - Requires Patience
 - Takes MUCH Longer than We Think

**WAITING
REQUIRED**

Painful Truth #2

Grief is a Process Not Punishment

Waiting

- The Hardest Part
- The Most Important Part

- Because We Are Shaped in the in the Waiting

- So- Embrace the Stillness
- Take Time to Grow


“Now may the God of peace, who through the blood of the eternal covenant brought back from the dead our Lord Jesus, that great Shepherd of the sheep, equip you with everything good for doing his will, and may he work in us what is pleasing to him, through Jesus Christ, to whom be glory forever and ever. Amen.” Heb.13:20-21

Waiting

- The Hardest Part
- The Most Important Part
- Because We Are Shaped in the in the Waiting
- So- Embrace the Stillness
- Take Time to Grow
- Seek Spiritual Strength from the Lord

“For God alone, O my soul, wait in silence, for my hope is from him.”

Psalm 62:5

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- A Meandering Unpredictable Journey
 - Requires Patience
 - Takes MUCH Longer than We Think
 - Reminds Us: We Are Not In Control
 - Reminds Us: This World is Not Our Home

**WAITING
REQUIRED**

Painful Truth #2

Grief is a Process Not Punishment

The background of the image is the interior of a train car. It features rows of dark-colored seats on both sides of a central aisle. The walls are a light green color, and there are windows along the sides. At the end of the car, there is a doorway and some framed pictures on the wall. The lighting is soft and even.

Seek Spiritual Strength from the Lord

**“My health may fail, and my spirit may
grow weak,
but God remains the strength of my
heart;
he is mine forever.”**

Prov.3:5-6(NLT)

The background of the image is the interior of a train car. It features rows of dark-colored seats on either side of a central aisle. The walls are a light green color, and there are windows with dark frames. At the end of the car, there is a doorway and some framed pictures on the wall. The lighting is somewhat dim, with a bright light source visible at the top center of the frame.

Seek Spiritual Strength from the Lord

**“Trust in the Lord with all your heart;
do not depend on your own
understanding.**

**Seek his will in all you do,
and he will show you which path to
take.”**

Prov.3:5-6(NLT)



Hopeful Truth: God Walks With You In Your Grief

- He Has Not Abandoned You

“All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us.” (2 Cor.1:3-4)



Hopeful Truth: God Walks With You In Your Grief

- He Has Not Abandoned You

“This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go.”
(Josh.1:9)

Hopeful Truth:

God Walks With You In Your Grief

- God Draws Near to the Brokenhearted

“The Lord hears his people when they call to him for help. He rescues them from all their troubles.

The Lord is close to the brokenhearted;

he rescues those whose spirits are crushed.”

(Ps.34:17-18)

Hopeful Truth:

God Walks With You In Your Grief

- God Draws Near to the Brokenhearted

“Even when I walk
through the darkest valley, I will not be afraid,
for you are close beside me.

Your rod and your staff protect and comfort me.”

(Ps.23:4)



Hopeful Truth: God Walks With You In Your Grief

- God Grieves Too – and Understands Our Grief

“The Lord was sorry that He had made man on the earth, and He was grieved in His heart.” (Gen.6:6)



Hopeful Truth: God Walks With You In Your Grief

- God Grieves Too – and Understands Our Grief

“But they rebelled and grieved His Holy Spirit;
Therefore He turned Himself to become their enemy,
He fought against them.” (Is.63:10)



“My idea about God is not a divine
Idea. It has to be shattered
Time after time”

“What do people mean when they say, I
am not afraid of God because
I know he is good...
Have they ever been to the dentist?”



Hopeful Truth: Your Grief Does Not Change Who God Is

- God Is Good – Then and Now (Ps.27:13)

“Yet I am confident I will see the Lord’s goodness while I am here in the land of the living.”



Hopeful Truth: Your Grief Does Not Change Who God Is

- God Loves Me – Then and Now

“Can anything ever separate us from Christ’s love? Does it mean he no longer loves us if we have trouble or calamity, or are persecuted, or hungry, or destitute, or in danger, or threatened with death?” Rom.8:35



Hopeful Truth: Your Grief Does Not Change Who God Is

- God Loves Me – Then and Now

“And I am convinced that nothing can ever separate us from God’s love. Neither death nor life, neither angels nor demons,[a] neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God’s love.” Rom.8:38



Hopeful Truth: Your Grief Does Not Change Who God Is

- God Is Faithful – Then and Now

“Let us hold unswervingly to the hope we profess, for he who promised is faithful.” (Heb.10:23)



Hopeful Truth: Your Grief Does Not Change Who God Is

- God Is Faithful – Then and Now

“May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. 24 The one who calls you is faithful, and he will do it.”

I Thes.5:23-24



Hopeful Truth: Your Grief Does Not Change Who God Is

- God Remains The Same – Then and Now

“I am the Alpha and the Omega—the beginning and the end,”[a] says the Lord God. “I am the one who is, who always was, and who is still to come—the Almighty One.” (Rev.1:8)



Hopeful Truth: Your Grief Does Not Change Who God Is

- God Remains The Same – Then and Now

“Whatever is good and perfect is a gift coming down to us from God our Father, who created all the lights in the heavens. He never changes or casts a shifting shadow.”

(James 1:17)



Hopeful Truth: Your Grief Does Not Change Who God Is

- God Remains The Same – Then and Now

“Jesus Christ is the same yesterday, today, and forever.”
(Heb.13:8)