

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 polished and reflects the overhead lights. The train car has large windows on both sides, and the ceiling is curved with recessed lighting. The overall atmosphere is quiet and somewhat somber, fitting the theme of the text.

Waiting in Grief

Part 2

Bradley Olson, Psy.D., M.Div.
The Arlington Center
ArlingtonCtr.com
BradleyOlson.net

REVIEW

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

Painful Truth #1
You Can't Stop Grief

REVIEW

- 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

Painful Truth #2

Grief is a Process Not Punishment

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 fixtures. The walls are a light green color, and there are windows on both sides. In the background, there is a doorway and some framed pictures on the wall.

Waiting in Grief

Part 2

Bradley Olson, Psy.D., M.Div.
The Arlington Center
ArlingtonCtr.com
BradleyOlson.net

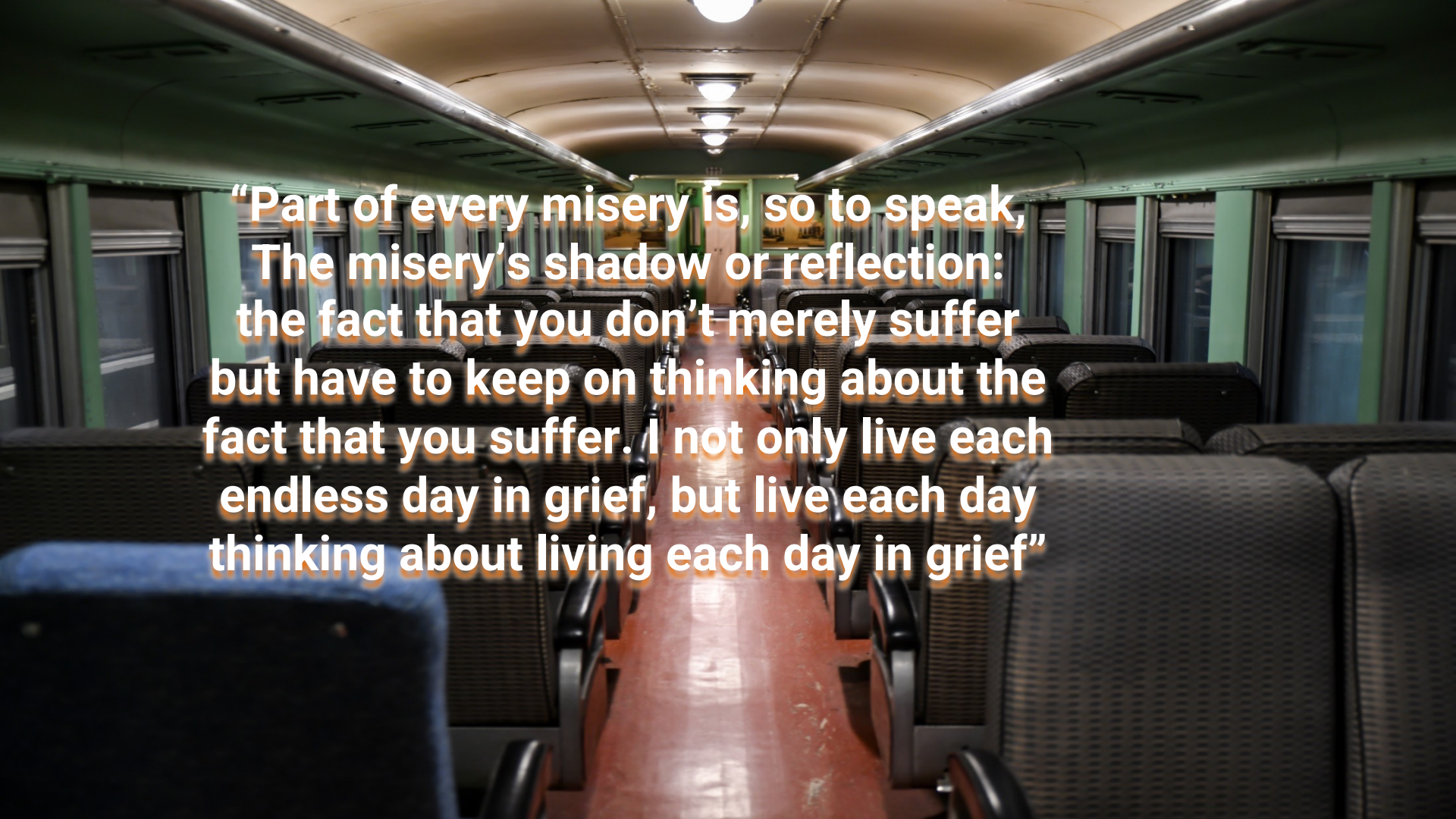


“The death of a loved one is an amputation”


Grief is Exhausting Because...

- **Grief is Brutal- Overwhelming- Hard- Work**
- **Grief Demands That We Feel**
- **Grief Then Commands What We Feel**

Painful Truth #3
Grief is Exhausting

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-colored seats on both sides of a central aisle. The ceiling is white with recessed lighting fixtures. The walls are a light green color, and there are windows on both sides. The text is overlaid in the center of the image, with a glowing orange and yellow border.

**“Part of every misery is, so to speak,
The misery’s shadow or reflection:
the fact that you don’t merely suffer
but have to keep on thinking about the
fact that you suffer. I not only live each
endless day in grief, but live each day
thinking about living each day in grief”**



“The act of living is different all through. Her absence is like the sky, spread over everything”

Grief is Exhausting Because...

- Grief is Brutal Overwhelming Hard Work
- Grief Demands And Commands Our Feelings
- Grief Always Includes Secondary Losses

Painful Truth #3
Grief is Exhausting

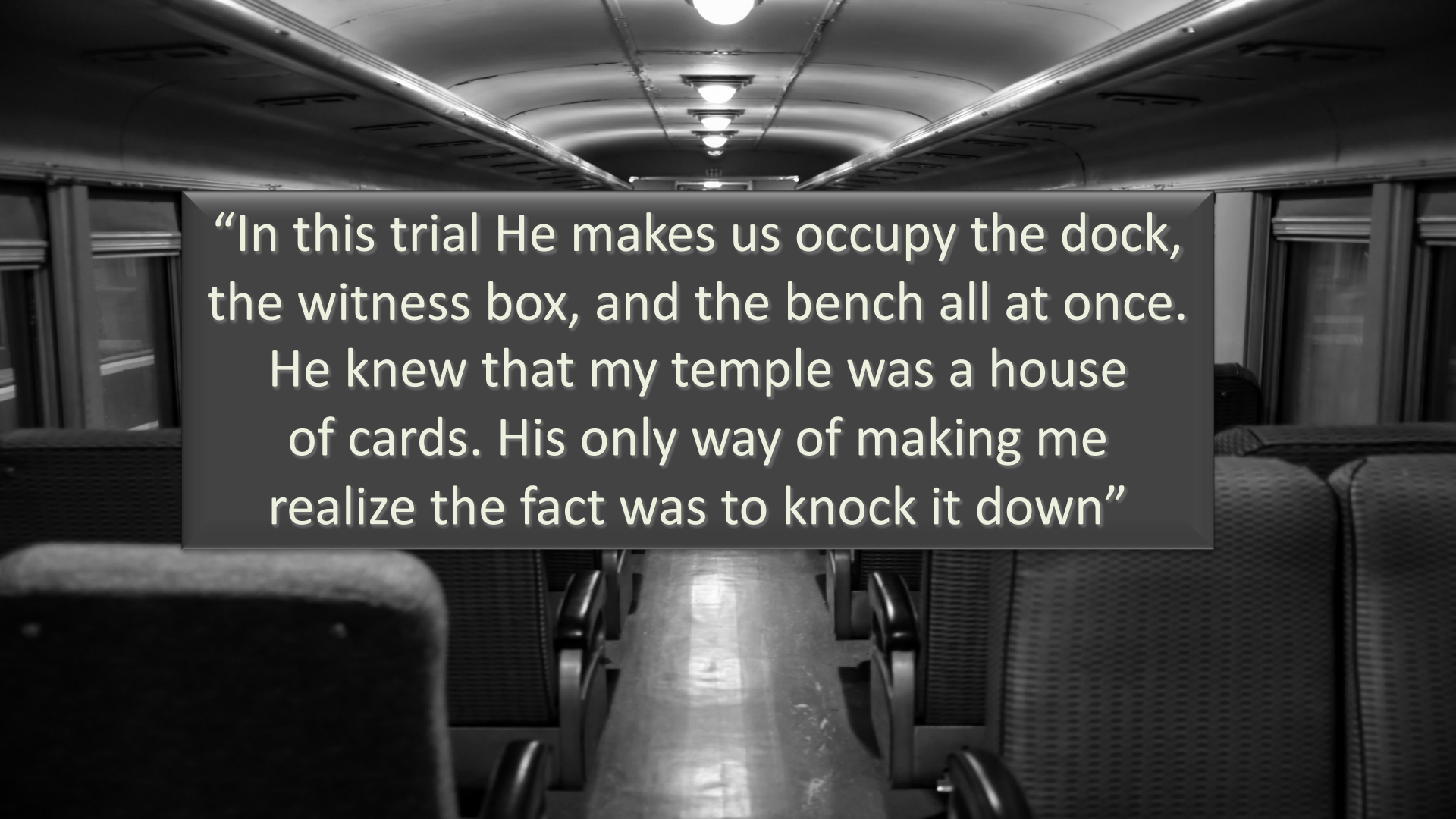
Grief is Exhausting Because...

- Grief is Brutal Overwhelming Hard Work
- Grief Demands And Commands Our Feelings
- Grief Always Includes Secondary Losses
- Grief is Lonely As Hell
- Healthy Healing Is Never Done In Isolation

Painful Truth #3
Grief is Exhausting

Romans 7:21-25

21 I have discovered this principle of life—that when I want to do what is right, I inevitably do what is wrong. 22 I love God’s law with all my heart. 23 But there is another power within me that is at war with my mind. This power makes me a slave to the sin that is still within me. 24 Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death? 25 Thank God! The answer is in Jesus Christ our Lord. So you see how it is: In my mind I really want to obey God’s law, but because of my sinful nature I am a slave to sin.



“In this trial He makes us occupy the dock, the witness box, and the bench all at once. He knew that my temple was a house of cards. His only way of making me realize the fact was to knock it down”

I Embrace Grief Because...

- **Grief Serves A Purpose:**
 - Gets Our Attention
 - Profoundly Change Us
 - Honors the Loss & the Person
 - Reflects the Image of God In Me
- Because the Only Way Out Is Through

“God whispers to us in our pleasures,
speaks to us in our conscience,
but shouts in our pains:
It is his megaphone to rouse a
deaf world ”

Painful Truth #4

Grief is Best When It Is Embraced

The background image shows the interior of a bus or train. It features rows of dark-colored seats on both sides of a central aisle. Large windows are visible along the sides, and overhead lighting fixtures are mounted on the ceiling. The perspective is from the front of the vehicle looking down the aisle.

Hopeful Truth:

We Have The Promise of
A World Without Pain

“The fact that our heart yearns
for something earth can’t
supply is proof that
Heaven must be our home”

Hopeful Truth:

We Have The Promise of A World Without Pain

- **No More Tears**

“He will wipe every tear from their eyes, and there will be no more death or sorrow or crying or pain. All these things are gone forever.” (Rev.21:4)

Hopeful Truth:

We Have The Promise of A World Without Pain

- **No More Tears**

“God blesses you who are hungry now,
for you will be satisfied.

God blesses you who weep now,
for in due time you will laugh.” (Lk.6:21)

Hopeful Truth:

We Have The Promise of A World Without Pain

- Complete Restoration

“for everyone born of God overcomes the world. This is the victory that has overcome the world, even our faith.”
(1 John 5:4)

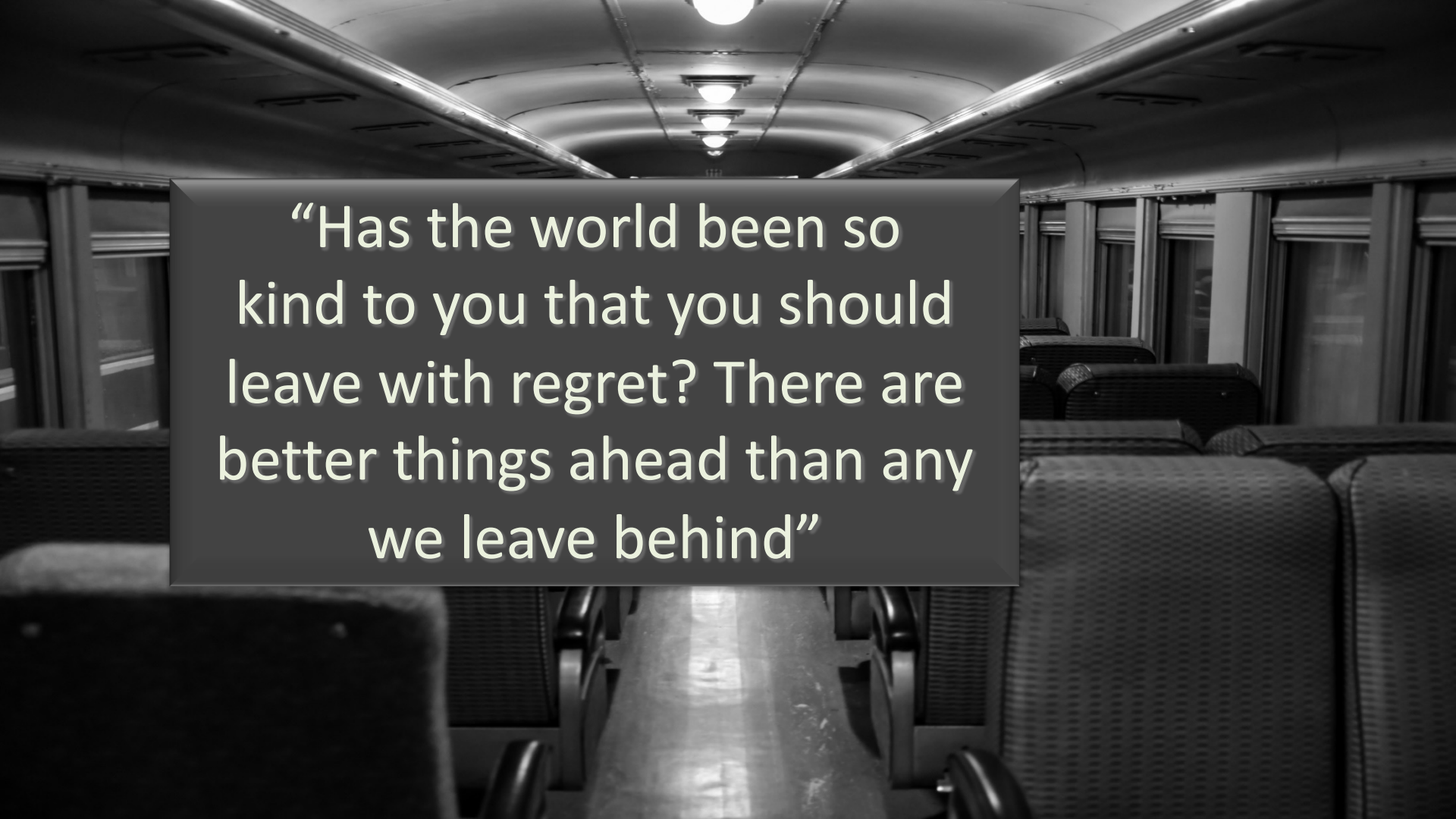


Hopeful Truth: We Have The Promise of A World Without Pain

- **Complete Restoration**

“Heaven must receive him until the time comes for God to restore everything, as he promised long ago through his holy prophets.”

(Acts 3:21)

A black and white photograph of the interior of a train or bus. The perspective is from the back of the vehicle looking forward. Rows of seats are visible on both sides of a central aisle. The ceiling has several overhead lights. The text is overlaid on a dark grey rectangular box in the center of the image.

“Has the world been so kind to you that you should leave with regret? There are better things ahead than any we leave behind”

Hopeful Truth:

We Have The Promise of A World Without Pain

- **For Eternity**

“And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast.”

(I Peter 5:10)



Hopeful Truth: Death Is a Defeated Enemy

- **Christ's Resurrection Has
Beaten Death**

“For the sin of this one man, Adam, caused death to rule over many. But even greater is God’s wonderful grace and his gift of righteousness, for all who receive it will live in triumph over sin and death through this one man, Jesus Christ.” (Rom.5:17)

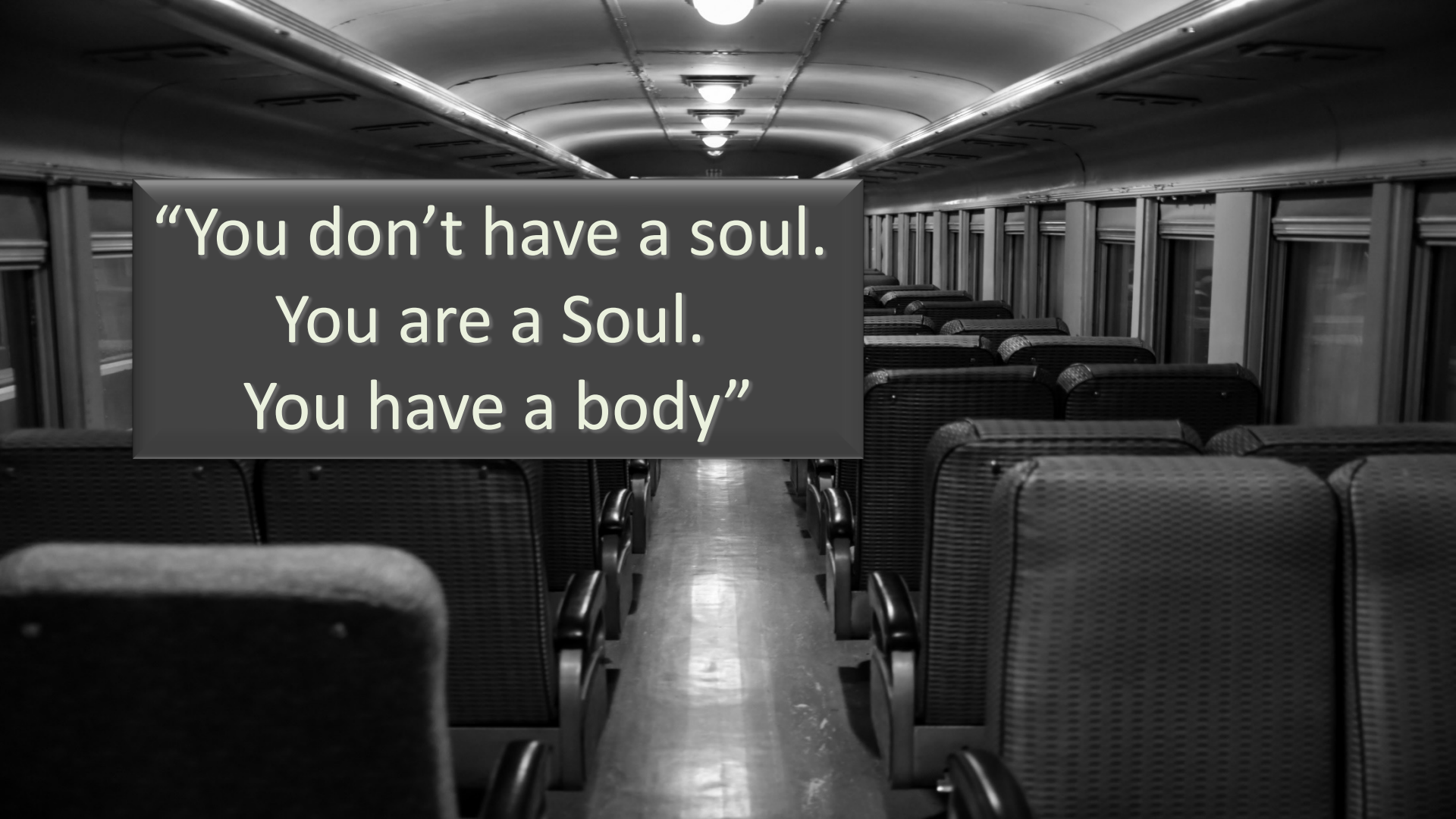


Hopeful Truth: Death Is a Defeated Enemy

- **Christ's Resurrection
Has Beaten Death**

**“but now has been revealed by the appearing of our
Savior Christ Jesus, who abolished death and brought
life and immortality to light through the gospel.”**

(II Tim.1:10)

A black and white photograph of the interior of a train car. The perspective is from the back of the car looking forward down a central aisle. Rows of dark, upholstered seats with armrests are visible on both sides of the aisle. The ceiling has recessed lighting fixtures. Large windows are visible on the right side of the car. A semi-transparent dark grey rectangular box is overlaid on the left side of the image, containing white text.

“You don’t have a soul.
You are a Soul.
You have a body”



Hopeful Truth: Death Is a Defeated Enemy

- **O Death, Where is Your Sting?**

“He will swallow up death forever!
The Sovereign Lord will wipe away all tears.
He will remove forever all insults and mockery
against his land and people.
The Lord has spoken!” (Is.25:8)



Hopeful Truth: Death Is a Defeated Enemy

- **O Death, Where is Your Sting?**

“O death, where is your victory?
O death, where is your sting?”

“For sin is the sting that results in death, and the law gives sin its power. But thank God! He gives us victory over sin and death through our Lord Jesus Christ.”
(I Cor. 15:55-57)