

**Bible Study Lesson**  
**Coping with**  
**Holiday Grief**  
**December 7, 2023**



**Just because something  
is normal doesn't mean  
that it is easy.**

# **Grief in the Bible**

## **Pharaoh of Ancient Egypt**

**Exodus 11:5-6**, and all the firstborn in the land of Egypt shall die, from the firstborn of Pharaoh who sits on his throne, even to the firstborn of the female servant who is behind the hand mill, and all the firstborn of the animals. Then there shall be a great cry throughout all the land of Egypt, such as was not like it before, nor shall be like it again.

## **King David**

**II Samuel 18:33**, Then the king was deeply moved, and went up to the chamber over the gate, and wept. And as he went, he said thus: “O my son Absalom—my son, my son Absalom—if only I had died in your place! O Absalom my son, my son!”

**Jeremiah**

The Book of Lamentations

# **The Apostle Paul**

**II Corinthians 12:7-10**,... a thorn in the flesh was given to me, a messenger of Satan to buffet me, lest I be exalted above measure. Concerning this thing I pleaded with the Lord three times that it might depart from me. And He said to me, “My grace is sufficient for you, for My strength is made perfect in weakness.”

# **Jesus**

**Luke 22:44**, And being in agony, He prayed more earnestly. Then His sweat became like great drops of blood falling to the ground.



Our trials and tribulations  
never go unnoticed by God.

# **Three Ways God Helps us with Our Grief:**

**1. God Provides His  
Constant Love.**

**Lamentations 3:32-33**, Though He causes grief,  
Yet He will show compassion. According to the  
multitude of His mercies. For He does not afflict  
willingly, nor grieve the children of men.

**Romans 8:35 -39**, Who will separate us from the love of Christ? Will tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? Just as it is written, "For Your sake we are being put to death all day long; We were considered as sheep to be slaughtered."

But in all these things we overwhelmingly conquer through Him who loved us. For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor any other created thing, will be able to separate us from the love of God, which is in Christ Jesus our Lord.

Even the loss of our loved ones  
cannot take away or destroy the  
love that God has for us.

## **2. God Comforts Us Directly.**



**Matthew 5:4**, Jesus said, “blessed are those who mourn for they shall be comforted.”

**Psalm 10:14**, But You have seen, for You observe trouble and grief, to repay it by Your hand. The helpless commits himself to You; You are the helper of the fatherless.

God is the direct Helper and  
Comforter of the sad and the  
oppressed.

**Luke 12:12**, For the Holy Spirit will teach you  
in that very hour what you ought to say.

**Acts 9:31**, Then the churches throughout all  
Judea, Galilee, and Samaria had peace and  
were edified. And walking in the fear of the  
Lord and in the comfort of the Holy Spirit,  
they were multiplied.

# **3. God Supplies Hope.**

**Isaiah 60:20**, Your sun will no longer  
set, nor will your moon wane;  
For you will have the Lord for an  
everlasting light, And the days of your  
mourning will be over.

**John 16:6, 20,** But because I have said these things to you, sorrow has filled your heart.  
...but your grief will be turned into joy.

1. He will remain with you.
2. He will create a future for you.

**I Thessalonians 4:13**, But I do not want you to be ignorant, brethren, concerning those who have fallen asleep, lest you sorrow as others who have no hope.



# **Helpful Ideas in Dealing with Grief:**

## **Ideas:**

1. Be Sensitive
2. Avoid Being Resentful
3. Remember to Pray for the Loss

# **For Those Grieving:**

- Have Conversations
- Express Tears, Sadness and Laughter
  - Embrace the Mood
- Celebrate Old Traditions

# **For Others Who Want to Help:**

- Listen
- Be Present
- Meet Practical Needs
- Give More Hugs than Answers

“Experiencing moments of happiness and joy during the holidays does not mean you didn’t deeply love the person who died. It merely means that you are alive and can continue to live.”

## **Bible Study Follow Up Chat Questions:**

1. What was your greatest takeaway from today's lesson?
2. Do you have any questions concerning today's lesson?
3. What are the five stages of grief?
4. What do you remember about grief in the Bible?
5. Name the three ways God helps us with our grief. Explain.
6. How can you help others dealing with grief this holiday season?
7. What was your greatest takeaway in the Good Grief Series?