

# **The Grief Pilgrimage**

Psalm 84

# “Sitting Shiva”



## **Sermon in a Sentence:**

“Grieving well brings new healing and joy when loss is faced, fully felt and followed through to find hope and renewal in Jesus”

How lovely is your dwelling  
place, O Lord of Heaven's  
Armies. I long, yes, I faint  
with longing to enter the  
courts of the Lord.

With my whole being, body  
and soul, I will shout joyfully  
to the living God. Even the  
sparrow finds a home, and  
the swallow builds her nest  
and raises her young

at a place near your altar.  
O Lord of Heaven's Armies,  
my King and my God! What  
joy for those who can live in  
your house, always singing  
your praises.

What joy for those whose strength comes from the Lord, who have set their minds on a pilgrimage to Jerusalem.

When they walk through the Valley of Weeping, it will become a place of refreshing springs. The autumn rains will clothe it with blessings.



They will continue to grow stronger, and each of them will appear before God in Jerusalem.

Psalm 84:1-7, NLT

# A Grueling Pilgrimage



# A Grueling Pilgrimage



# Grief Pilgrimage

# Grief Pilgrimage

- A Strenuous Journey

# Grief Pilgrimage

- A Strenuous Journey
- Normal Life Disrupted

# Grief Pilgrimage

- A Strenuous Journey
- Normal Life Disrupted
- Visible Progress Slow

# Grief Pilgrimage

- Destination is Uncertain



# Grief Pilgrimage

- Destination is Uncertain
- Process is Complex

# Grief Complexity

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**Denial** – shock, numbness

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**Anger** – important, secondary

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**Denial** – shock, numbness

**Anger** – important, secondary

**Bargaining** – internal, external

# Grief Complexity

**Sorrow** – heart wrenching

# Grief Complexity

**Sorrow** – heart wrenching

**Acceptance** – can smile at the  
future







# Fully Face Grief

Some Community required





I spent my life learning to feel less. Every day I felt less. Is that growing old? Or is it something worse? You cannot protect yourself from sadness without protecting yourself from happiness.

— *Jonathan Safran Foer* —

**AZ QUOTES**

**Feel Fully** (don't stuff)

“My soul is in **deep anguish**.

How long, Lord, how long?”

Psalm 6:3 NIV

**Feel Fully** (don't stuff)

“The cords of death entangled me, the anguish of the grave came over me; I was **overcome by distress and sorrow.**”

Psalm 116:3 NIV

## Feel Fully (w/o self-pity)

The Lord said to Samuel, “you have mourned long enough for Saul. Fill your flask with oil and go....”

1 Samuel 16:1 NLT

**Follow Through** to rest

Truly my soul finds rest in God;  
my salvation come from him...  
my hope is in him.

Psalm 62:1,5 NIV

**Follow Through** to rest

I have calmed and quieted myself, like a weaned child who no longer cries.

Psalm 131:2 NLT



Blessed are the poor in spirit,  
for theirs is the kingdom of  
heaven. Blessed are those  
who mourn, for they will be  
comforted.

Matthew 5:3-4 NIV

If we mourn loss in the false belief that we deserve better from God, our grief will not bring the blessing of comfort, but the curse of bitterness.

## **Sermon in a Sentence:**

“Grieving well brings new healing and joy when loss is faced, fully felt and followed through to find hope and renewal in Jesus”

While Jesus was here on earth, he offered prayers and pleadings, with a loud cry and tears, to the one who could rescue him from death.

Hebrews 5:7 NLT

A man of sorrows, acquainted  
with deepest grief.

Isaiah 53:3, NIV

God has anointed you, pouring  
out the oil of joy on you more  
than on anyone else.

Hebrews 1:9, NLT

“You turned my mourning  
into joyful dancing”.

Psalm 30:11, NLT

**Application:**

Prayer for emotional  
authenticity



**Application:**

Listen silently for 1  
minute