

# Grieving Together

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- God didn't plan this, do this, will this, want this. This isn't the Lord.
- John 10:10, Acts 10:38 the devil is always the bad guy, the Lord Jesus (revealing Abba) is always the good guy.
- One choice does not determine or reflect who a person is. You are not the worst choice you've made.
- Suicide is not the "unforgivable sin."
- God is the righteous judge. The merciful, loving, kind, covenant keeping God who remembers that we are dust and understands our weakness. I trust Him to do exactly what is right far better than I trust myself. I know that mercy triumphs over judgment because that's how I've experienced God.
- This is a worst case scenario for this family. Try to imagine what you might want your friends and family to do if this happened to you - and do that.
- We're a family. The best gift you can often give is your presence and your tears.
- Weep with those who mourn (Rom 12:15, Jn 11:35). To weep is harder and feels weaker.
- Don't hold back. Give your love. "Better is open rebuke than hidden love" (Prov 27:5)
- Telling them, "I'm praying for you," is good. Telling them what you're praying is even better.
- Some grief doesn't have an expiration date.
- Grieving sacred and healthy. Sow your tears in the good ground of Abba's big strong hug.
- "You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book." Psalm 56:8
- It's tempting to try to explain things Jesus isn't explaining. Don't.
- To those who wrestle with suicidal thoughts - it's okay for you to admit that. Who here HAS had thoughts? There is a satan - an enemy - whose job description is to kill, steal, and destroy. When we expose his whispers to the light, it helps us realize that not every voice in our head is really us...