

**HEALING FROM GRIEF**  
Foundations of Healing #14  
Pastor Dennis Clanton  
Woodland Church  
Wednesday, August 18, 2021

*“And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them. For God knew his people in advance, and he chose them to become like his Son, so that his Son would be the firstborn among many brothers and sisters.”*  
(Romans 8:28–29, NLT)

1. GOD’S WILL FOR MY LIFE IS JOY.

*“God causes everything to work together ...”* (Romans 8:28, NLT)

*“I have told you these things so that you will be filled with my joy. Yes, your joy will overflow!”* (John 15:11, NLT)

a. God works all things out.  
*God causes everything*

b. God works for good.  
*work together for the good*

*“Everything is necessary that he [God] sends; nothing can be necessary that he withholds.” -John Newton*

c. The good God gives us cannot be taken away.  
*His purpose*

*“He [God] will be the stability of your times, abundance of salvation, wisdom, and knowledge; the fear of the LORD is Zion’s treasure.”*  
(Isaiah 33:6, ESV)

d. God changes us to be like Christ.  
*he chose them to become like his Son (vs 29)*

*“Have mercy on me, LORD, for I am in distress. Tears blur my eyes. My body and soul are withering away. I am dying from grief; my years are shortened by sadness. Sin has drained my strength; I am wasting away from within.”*

(Psalm 31:9–10, NLT)

*“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.”*

(Psalm 23:4, NLT)

2. Accept the reality of your grief.
3. Express all your emotions.
4. Identify, capture, and store your memories.
5. Know who you are.
6. Prayerfully consider your interests, desires, dreams, and purpose for this new stage of life.

“God, thou are love. I will build my life on that.” -*William Barclay*

### **How long will it take?**

1. The third month after death is often the most difficult.
2. Six to nine months consider your emotional and physical health.
3. One year later the intensity of pain and grief seem to return.
4. Eighteen months you have many more good days than difficult ones. Then you wake up and the sadness is overwhelming.

### **Resources**

1. Experiencing Grief – Norman Wright
2. A Place of Healing – Joni Erickson
3. When You Lose Someone You Love – Richard Exley
4. Dark Clouds, Deep Mercy – Mark Vroegop
5. The Art of Dying – Rob Moll
6. Making Sense out of Suffering – Peter Kreeft