

EPISODE: 353

TITLE: Grief According to the Gospel

Throughout scripture, we see that God, magnified in the life of Jesus, grieves. He grieves sin and the effects of sin on humanity and our relationships. And that's why we grieve too. But not all of us understand *how* to grieve and how the Gospel speaks to our pain.

Here are three things to believe and consider about having much more holistic discipleship...

1. **We've been created in the image of God**, and like God, we have the unique components of his personhood—mind, emotions, and a will. So if God grieves, then grief is a part of what it means to be human. Grief is normal. Grief, in light of the truth of the Gospel is good. Our goal is not to make grief smaller or go away quicker, it's to allow God to use it to grow us and make us more like Jesus.
2. **Our emotions in grief mirror God's own heart**, and emotions serve to catch our attention and point us to the truth in a situation and drive us toward the heart of God. The complexity of emotions we feel while grieving are all an opportunity to understand God and his ways, in a new, deeper sense. We don't only grieve the death of a loved one, we grieve sin and the effects of sin in our life and relationships. Do you have areas of your life where you've become "stuck" in anger or denial or depression? The truth of the Gospel can free you from those painful feelings.
3. **Everyone experiences grief in their own unique way and timing**. Giving those who are grieving trite answers, or quoting our favorite scripture to them, may not be very helpful. Understanding which phase of grief they are experiencing can lead you to understand how to speak the good news of the gospel to what they are feeling in that moment. People don't need our good advice—they need the Good News.

Also: If you want to grow in your Gospel Fluency, learning a full framework for discipleship and mission, I'd like to invite you to join me in an upcoming coaching cohort. Let's set up a short Zoom call to get to know each other better and I'll tell you all about it and answer any questions you have.

~Caesar

Check out: everydaydisciple.com/coaching