

**GRIEF. GUILT. GRUDGES.**

*Let* **GOD**



# CAUSES OF GRIEF

A person is standing on the peak of a grassy cliff, looking out over a vast ocean under a dramatic, sunset-colored sky. The scene is serene and contemplative, with the sun low on the horizon, casting a warm glow over the water and the person's silhouette.

- ENDED OR ESTRANGED RELATIONSHIP
- SICKNESS / INJURY
- INFERTILITY
- FIRE/DISASTER
- INCARCERATION
- DEATH OF PET
- LOSS OF A JOB / RETIREMENT
- RELOCATION
- LOSS OF INNOCENCE
- END OF YOUTH
- EMPTY NEST

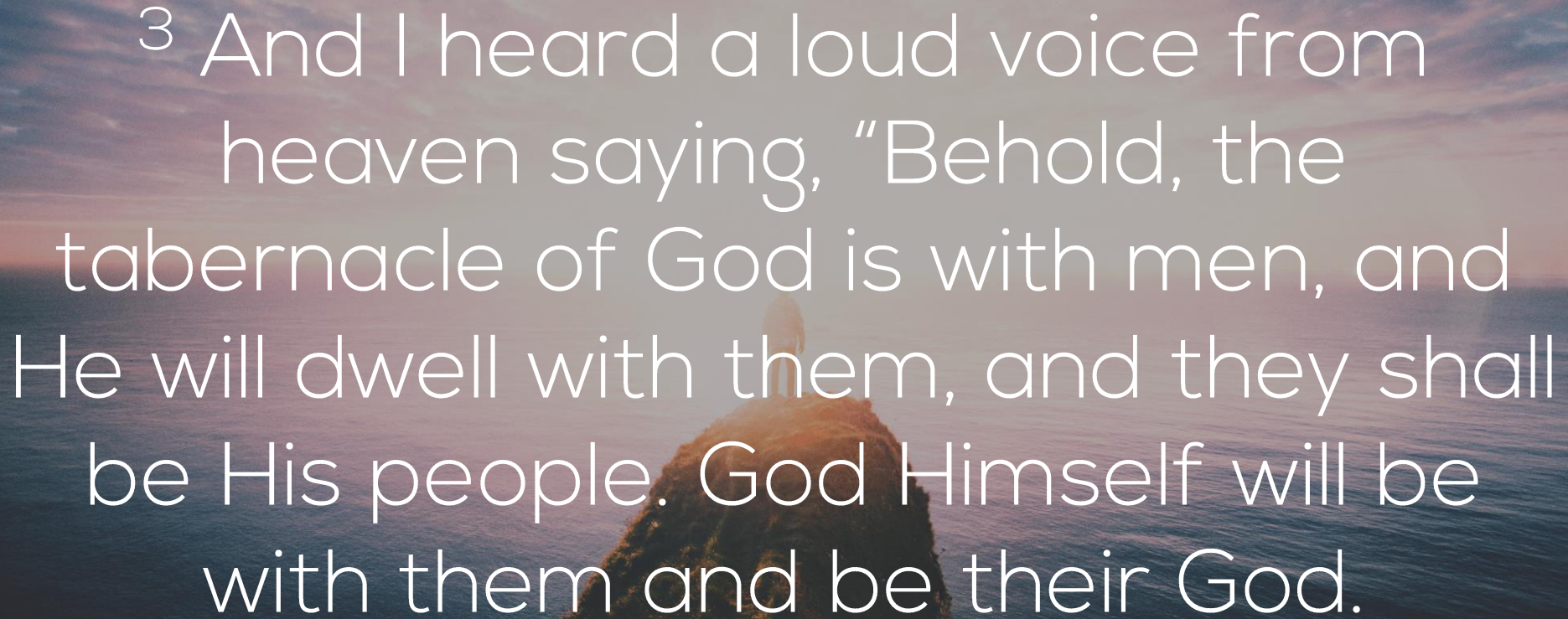
A person is standing on the peak of a dark, rocky cliff. The background is a vast ocean under a sky with soft, colorful clouds, suggesting a sunset or sunrise. The overall mood is contemplative and serene.

1 Thessalonians 4:13 (NIV)

<sup>13</sup> Brothers and sisters, we do not want you to be uninformed about those who sleep in death, so that you do not grieve like the rest of mankind, who have no hope.

Revelation 21:3-4 (NKJV)

<sup>3</sup> And I heard a loud voice from heaven saying, "Behold, the tabernacle of God is with men, and He will dwell with them, and they shall be His people. God Himself will be with them and be their God.

A person is silhouetted against a bright sunset, standing on a rocky, grassy peak that juts out into the ocean. The sky is filled with soft, colorful clouds in shades of orange, pink, and blue. The water of the ocean is visible in the foreground and middle ground, reflecting the light of the setting sun.

A person stands on the peak of a dark, rocky cliff that juts out into the ocean. The scene is captured at sunset or sunrise, with a soft, golden light illuminating the sky and the water. The sky is filled with wispy clouds, and the ocean below is a deep blue. The overall mood is serene and contemplative.

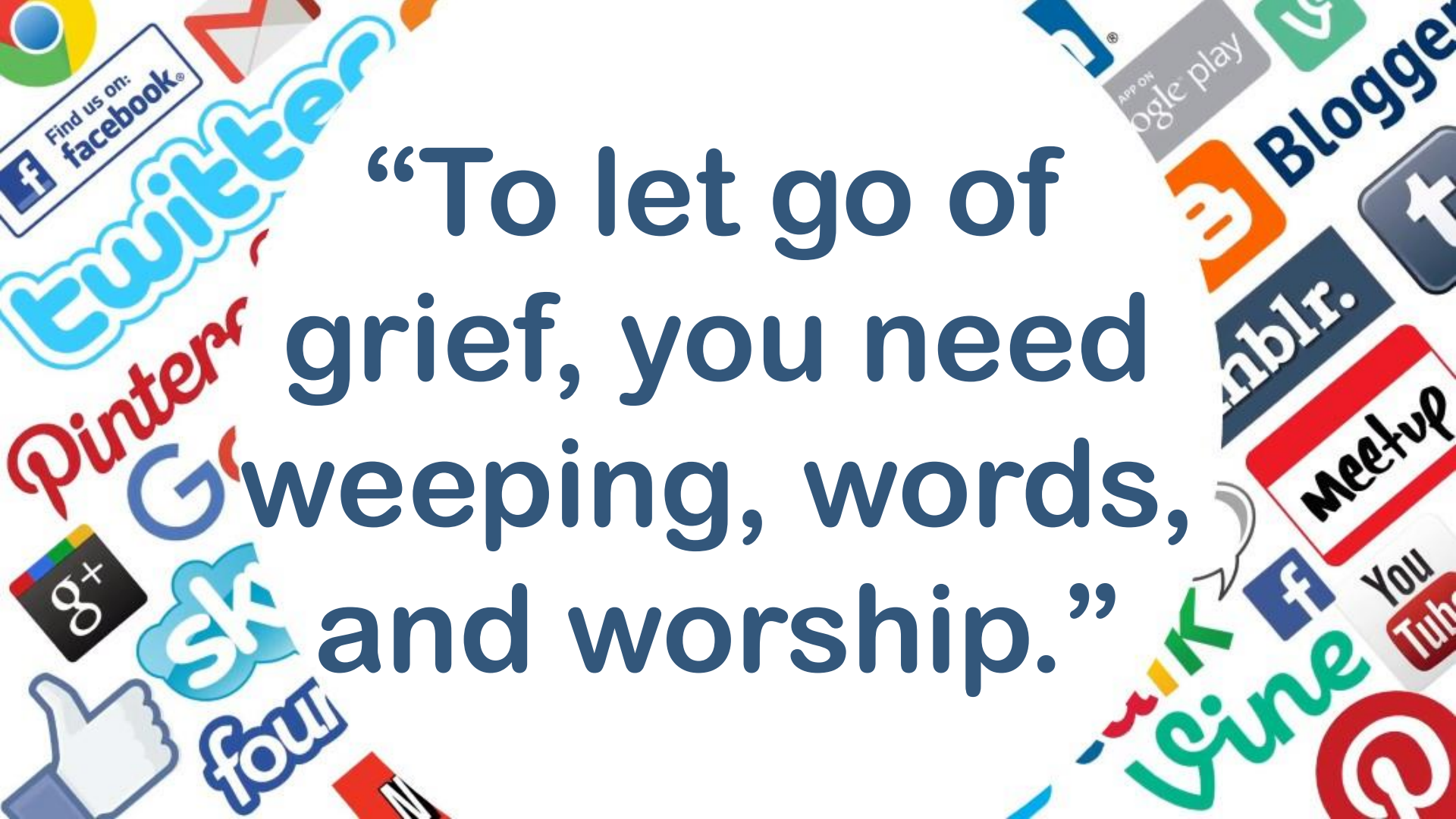
Revelation 21:3-4 (NKJV)

<sup>4</sup> And God will wipe away every tear from their eyes; there shall be no more death, nor sorrow, nor crying. There shall be no more pain, for the former things have passed away."

A person stands on a rocky outcrop in the middle of the ocean, silhouetted against a sunset sky with soft, colorful clouds. The text is overlaid on this scene.

1 Samuel 16:1 (NKJV)

<sup>1</sup> Now the LORD said to Samuel, "How long will you mourn for Saul, seeing I have rejected him from reigning over Israel? Fill your horn with oil, and go; I am sending you to Jesse the Bethlehemite. For I have provided Myself a king among his sons."

A collage of various social media and technology logos is arranged in a circular pattern around the central text. The logos include Twitter, Pinterest, Google+, Skype, Facebook, Blogger, Meetup, and YouTube. The central text is a quote in a dark blue, sans-serif font.

“To let go of  
grief, you need  
weeping, words,  
and worship.”

# Ecclesiastes 3:1, 4 (NKJV)

<sup>1</sup> To everything there is a season,  
A time for every purpose under  
heaven:

<sup>4</sup> A time to weep,  
And a time to laugh;  
A time to mourn,  
And a time to dance.



A person is standing on a small, rocky outcrop in the middle of the ocean. The scene is captured at sunset or sunrise, with a warm, golden glow on the horizon and a deep blue sky above. The person is silhouetted against the bright light of the sun, which is partially obscured by the horizon. The water is dark and calm, reflecting the colors of the sky. The overall mood is contemplative and serene.

Lamentations 3:48-50 (NKJV)

48 My eyes overflow with rivers of water  
For the destruction of the daughter of  
my people.

49 My eyes flow and do not cease,  
Without interruption,

50 Till the Lord from heaven  
Looks down and sees.

A person is standing on the peak of a grassy cliff, looking out over a vast ocean under a dramatic, colorful sky at sunset or sunrise. The sky is filled with soft, wispy clouds in shades of blue, purple, and orange. The water is a deep blue with gentle ripples. The overall mood is contemplative and serene.

Romans 12:15 (NKJV)

15 Rejoice with those who rejoice, and weep with those who weep.

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Isaiah 53:3 (NKJV)

<sup>3</sup> He is despised and rejected by men,  
A Man of sorrows and acquainted with  
grief.

And we hid, as it were, our faces from  
Him;

He was despised, and we did not  
esteem Him.

A person is standing on the peak of a dark, rocky cliff that juts out into the ocean. The scene is captured during a sunset or sunrise, with the sky filled with soft, colorful clouds in shades of blue, purple, and orange. The sun is low on the horizon, creating a bright glow and casting long shadows. The water of the ocean is visible in the foreground and background, reflecting the light from the sky.

Psalm 30:5 (NKJV)

<sup>5</sup> For His anger is but for a moment,  
His favor is for life;  
Weeping may endure for a night,  
But joy comes in the morning.

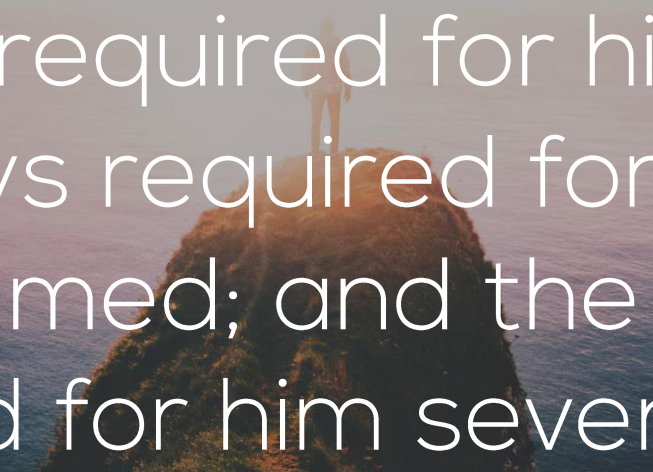
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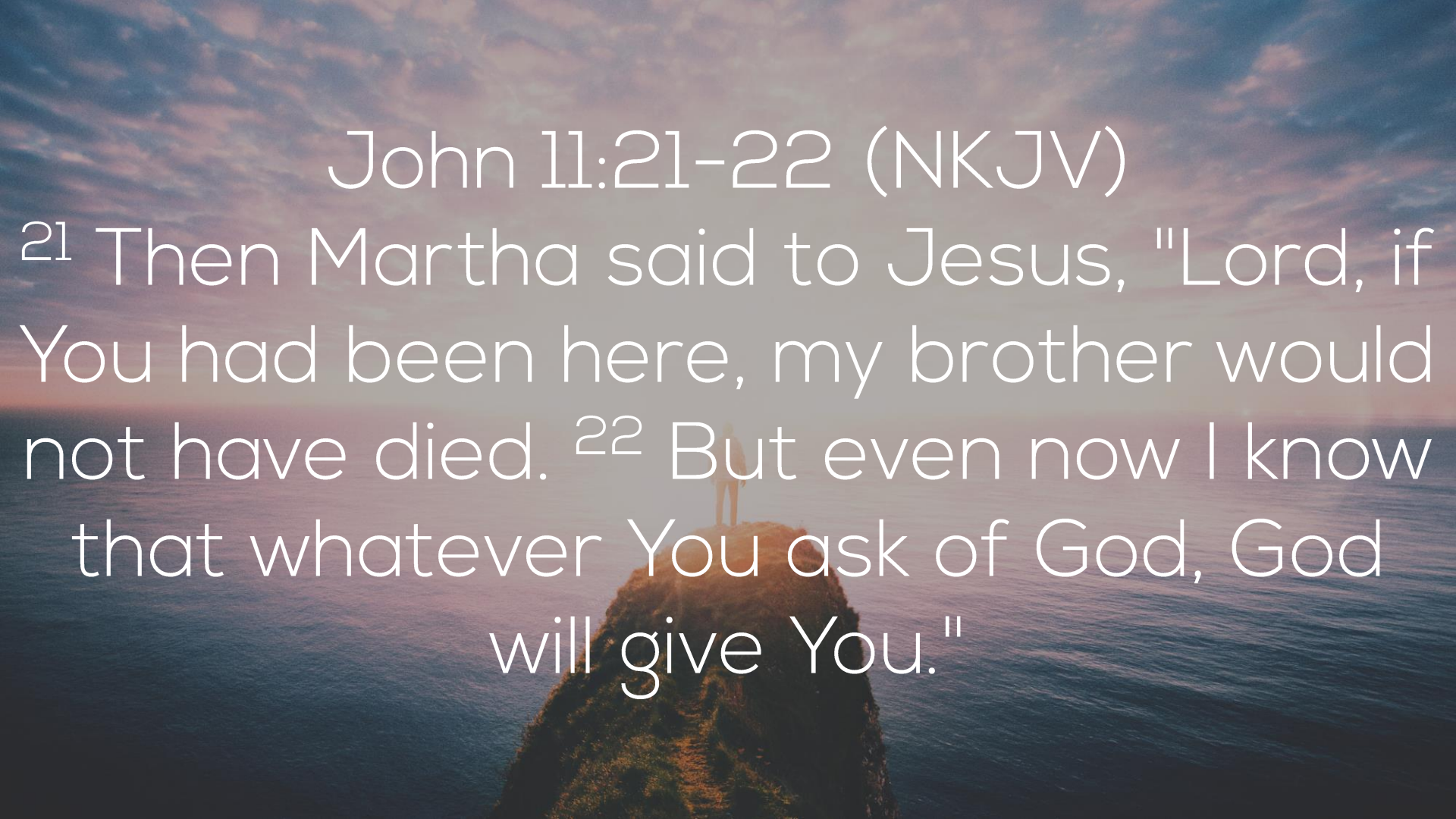
Numbers 20:29 (NKJV)

<sup>29</sup> Now when all the congregation saw that Aaron was dead, all the house of Israel mourned for Aaron thirty days.

## Genesis 50:2-3 (NKJV)

<sup>2</sup> And Joseph commanded his servants the physicians to embalm his father. So the physicians embalmed Israel. <sup>3</sup> Forty days were required for him, for such are the days required for those who are embalmed; and the Egyptians mourned for him seventy days.

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John 11:21-22 (NKJV)

<sup>21</sup> Then Martha said to Jesus, "Lord, if You had been here, my brother would not have died. <sup>22</sup> But even now I know that whatever You ask of God, God will give You."

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Matthew 27:46 (NKJV)

<sup>46</sup> And about the ninth hour Jesus cried out with a loud voice, saying, "*Eli, Eli, lama sabachthani?*" that is, "My God, My God, why have You forsaken Me?"



A person is standing on the peak of a grassy cliff, looking out over a vast ocean under a dramatic, colorful sky at sunset or sunrise. The sky is filled with soft, wispy clouds in shades of blue, purple, and orange. The ocean is a deep blue, and the cliff is covered in green grass. The overall mood is contemplative and serene.

## Job 1:20 (NKJV)

<sup>20</sup> Then Job arose, tore his robe, and shaved his head; and he fell to the ground and worshiped.

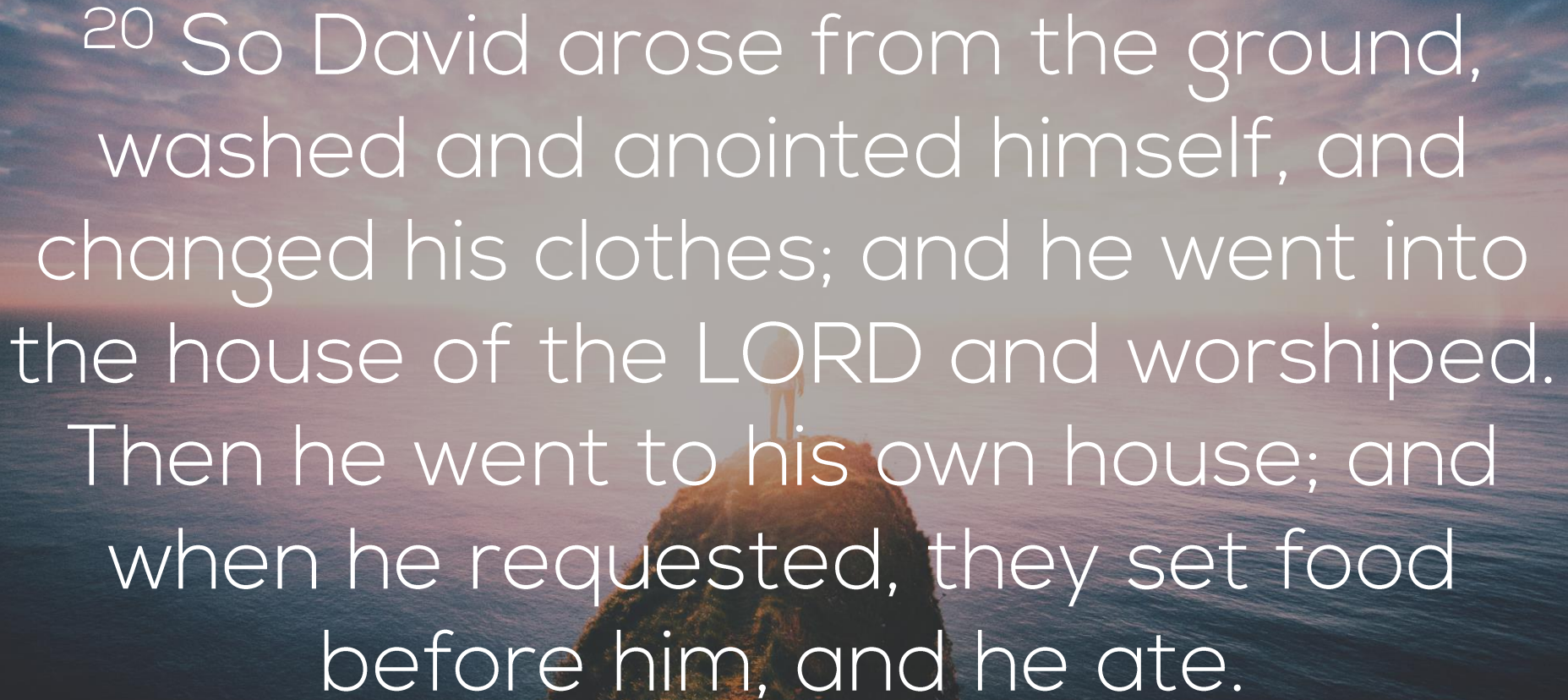
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2 Samuel 12:19-23 (NKJV)

<sup>19</sup> When David saw that his servants were whispering, David perceived that the child was dead. Therefore David said to his servants, "Is the child dead?" And they said, "He is dead."

## 2 Samuel 12:19-23 (NKJV)

<sup>20</sup> So David arose from the ground, washed and anointed himself, and changed his clothes; and he went into the house of the LORD and worshiped. Then he went to his own house; and when he requested, they set food before him, and he ate.

A person is standing on the peak of a dark, rocky cliff that juts out into the ocean. The scene is captured during a sunset or sunrise, with a soft, golden glow on the horizon and the sky transitioning from blue to orange. The person's silhouette is visible against the bright light of the sun. The ocean is dark and calm, extending to the horizon.

A person is standing on the peak of a dark, rocky cliff that juts out into the ocean. The scene is captured at sunset or sunrise, with a warm, golden light illuminating the person and the sky. The sky is filled with soft, wispy clouds in shades of blue, purple, and orange. The ocean below is a deep blue, with gentle waves visible. The overall mood is contemplative and serene.

2 Samuel 12:19-23 (NKJV)

<sup>21</sup> Then his servants said to him, “What is this that you have done? You fasted and wept for the child while he was alive, but when the child died, you arose and ate food.”

## 2 Samuel 12:19-23 (NKJV)

<sup>22</sup> And he said, "While the child was alive, I fasted and wept; for I said, 'Who can tell whether the LORD will be gracious to me, that the child may live?'

<sup>23</sup> But now he is dead; why should I fast? Can I bring him back again? I shall go to him, but he shall not return to me."