

Dealing with Grief and Loss

Text: 1 Thes 4:13-18; 1Cor 15:51-52; John 14:1-3

Introduction

One year has passed:

1. Time to take stock – How are we doing?
2. Time to cherish memories
3. Time to go on with our lives

Sad to have lost you!

Glad to have known you!

Today's Service is to:

1. Dealing with our loss.
2. Closure
3. Celebration

Dealing with Loss:

The grieving process: (different models and stages)

1. Shock
2. Anger
3. Guilt
4. Acceptance
5. Adjustment

Dealing with bereavement is analogous to amputation: Always missing, but you learn to adjust to it.

Emotions expressed is the medicine that heals.
Emotions repressed is the poison that kills.

Christian's sorrow is grief with hope not despair.

Outline:

- Sorrowing and Hope
- Special Revelation
- Sequence of events
- Special Instruction

Three Possibilities:

1. Die
2. Live
3. Christ return

The hopeless despair of the heathens cf. 1st century epitaphs.
The Christian's distinguishing note is HOPE.

- Christ's resurrection, guarantees ours.
- The resurrection of Christ removes the horror and finality of death for the Christian.

1Pet 2:19 2Pet 3:3-4 Lu 21:23

- **Wake up**
- **Lift up**
- **Caught up**

Three Scenes:

1. Coming
2. Rising
3. Caught up

v. 18 = positive comforting words; not speculative but sure words.

1. Mis-interpretation
2. Correction
3. Resurrection
4. Translation
5. Reunion

Conclusion:

- Resurrection
- Translation
- Re-union
- Death without the saving knowledge of Christ = Hopeless end.
- Death with the saving knowledge of Christ = Endless hope.
- As Christians, we are not immune to or insulated from sufferings and pain, but we have hope and consolation.

Some Questions:

Additional Notes:

The primary purpose of 4:13-17 is to comfort, not to give a chronology.

The purpose of prophecy is not to give a chronology or to satisfy curiosity, but to comfort and to inspire to godly living.

- There is no advantage in ignorance (ATR).
- Ignorance increases and intensifies grief.
- Knowledge minimises/reduces grief and helps us to face it better & bolder.

A very selective resurrection.

Death is a sleep from which the child of God will be awakened.

Death is referred to as sleep. Greeks and Romans also use the idea of death = a sleep.

Other Metaphor: taking a trip

v. 14 first class condition.

v. 15 ou me = double negative.

The Archangel cf. Michael= only archangel mentioned in NT cf. Jude 9.

Shout = a loud authoritative command, often uttered in the thick of excitement.

Usually used of a battle cry, of a military officer to his soldiers, of a ship master to his rowers, hunter to his dogs, charioteers to his horses

v. 17 arpaizo = to snatch, to seize, to carry off by force, to rapture.

v. 17 meet = visit of dignitaries to a city where the visitors would be formally met by the citizens, or a deputation of them, who goes out of the city to escort the visitor back into the city (Best, cf. R & R). The public welcome of an official (Z & G).

v. 17 indicate a sequence of events.

To be with Christ was Paul's chief hope

1Thes 5:10; Phil 1:23; Col 3:4; 2Cor 5:8.