

FROM GRIEF TO GROWTH

Psalm 30:1-12

INTRODUCTION: As Christians we do not believe in accidents when it relates to the things of God and His activity in our lives. However, when my father passed away I was not prepared for the void that filled my heart and the grief that I faced several years later when one older brother and my mother passed away. We learn that there are two types of people in this world: those who grieve and those who will grieve. There is no exemption from grief when we receive Jesus Christ as our Lord and Savior. However, only Jesus can take our grief and turn it into growth. Romans 8:28-29: When dealing with our times of grief, God's Word gives us three different principle for handling our grief we must keep in mind in order for our grief to turn into spiritual growth.

I. LOOK FOR THE LORD'S TRUTH!

John 8:31-32. If we long for spiritual growth from our grief, we must stop telling ourselves the lies of this world and the deceptions that Satan wants us to believe. How does this deception express itself: **1. "This could never happen to me!"** The sad truth is that tragedy and grief happens to everyone: John 16:33. King David had this deception in his own life: Psalm 30:6. When life came into David's life he said: Psalm 30:7. False security can be shattered in an instant. **2. "This will haunt me forever!"** If you are grieving right now, the truth is if you will trust in the Lord you will not have to grieve forever. Here is one of God's promises: Psalm 30:5. Even if you are grieving over your own sin, this verse is especially for you: **"For his anger lasts only a moment, but his favor lasts a lifetime."** Romans 4:7-8.

II. LEARN TO TRANSFER TO GOD!

What must we learn to transfer to God? We must turn away from our own self-reliance and turn to our God as the source of our strength and healing King David's transfer to God was obvious: Psalm 30:8. When we cry to our God for mercy we don't get what we deserve we get God's unmerited favor. Our God does not want us to handle our grief on our own. God wants us to turn to Him: Matthew 11:28-30; Psalm 30:10. When we weep over our losses we need not feel bad. Just remember the shortest verse in our Bible: John 11:35.

III. EXPECT THE LORD TO TOUCH YOU!

When we come to the end of ourselves and turn to God expect Him to touch you. Psalm 30:2. This is God's formula for handling the grief from life's hurts: When you take your pain to God and transfer your trust to Him, He will begin to turn your mourning into joy by the loving gentle touch of His hand. Psalm 30:1-3; Psalm 30:11. Remember that the grief you are experiencing today will not prevent you from laughing yet again tomorrow. God will take the pain and anger and frustration you are going through now, and replace it with His joy. Isaiah 61:1-3. It may be hard for you to think of yourself as a mighty oak, but if you will turn to God and trust Him to do His work of grace in your heart your grief can be turned to joy! Psalm 30:11-12. God wants us to: Look for the Lord's truth. Learn to transfer to God. Look for the Lord to touch us. If your heart has been silenced by grief God wants to give you something to sing about: Psalm 30:12.