

Episode Notes

CAN GRIEF AND HOPE CO-EXIST?

KEY POINTS:

- Grief and hope can be experienced side by side during your grief journey once you understand hope as an enduring promise rather than just an emotion.
- Hope can be owned as a confident expectation of eternal life obtained through faith in Jesus Christ.
- Your eternal hope through faith in Jesus does not prevent painful suffering after your loss in the present. However, it does offer the assurance that your grief will not last forever, and when you've had enough time to process your grief and come to terms with your loss, your life continues - and the best is yet to come.

SCRIPTURAL REFERENCES:

Grief - Psalms 6: 2-3 & 6-7

"Have mercy on me, Lord, for I am faint; heal me, Lord, for my bones are in agony. My soul is in deep anguish. How long, Lord, how long? . . . I am worn out from my groaning. All night long I flood my bed with weeping and drench my couch with tears."

Comfort and Care - Psalm 23:1

"The LORD is my shepherd, I shall not be in want. He restores my soul. He guides me in paths of righteousness for his name's sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me."

Promised Hope - Romans 8:38-39

"And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love. No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord."

STEPPING STONE:

What is your level of confidence right now (on a scale of 1-10, with 10 being absolute confidence) in God's promises? If your confidence is low, write a prayer to God asking Him to bolster your confidence.

HEART CHECK

Date:

What have you been thinking and feeling today?

