

Hope and Help when we are asking “Why?”

I believe the Bible, and I believe in Jesus, but I do not pretend to have all the answers for the death of such a beautiful, intelligent person. I do know that the Bible tells us that it's human and healthy to grieve and weep. The shortest verse of scripture in the Bible is John 11:35 and it simply says: “Jesus wept.” He cried because one of His good friends had died. This tells us that God cares, and He wants to help us when our hearts are broken. In the sermon on the Mount, Jesus said, “Blessed are they that mourn, for they shall be comforted” (Matthew 5:4). Grief is an intense emotional suffering because we have been separated from someone we love.

1. There is the initial shock
2. There is a period of weeping and denial.
3. Then loneliness and depression.
4. Then there can be guilt-I should have done more-If only I had called or been there.
5. Anger and hostility; Why did God do this to me?
6. I can't go on-it is no use.
7. Then a gradual return to hope; Life will go on - I will make it- The Lord is going to help me.

These feelings are not predictable. Many times they will overlap and they will be repeated. It's important to know that we can ask the Lord to help us and we can pray for each other. The Bible says: “Cast thy burden on the Lord and He shall help thee” (Psalm 55:22). Jesus knew that life would be filled with trouble and brokenness. He gave His life on the Cross for us, and He arose from the grave to give us hope for all of the expected and deep hurts we will experience. I want to encourage you to ask the Lord to help you and all that are brokenhearted!