

What the Bible says about - Grief and loss

Accepting comfort from others – Jn. 11:19

Many Jews had come to Martha and Mary to comfort them in the loss of their brother.

Accepting comfort from others – Rom. 12:15

Rejoice with those who rejoice; mourn with those who mourn.

Sharing grief – Jn. 11:32-36

When Mary reached the place where Jesus was and saw him, she fell at His feet and said, “Lord, if you had been here, my brother would not have died.”

³³ When Jesus saw her weeping (wailing), and the Jews who had come along with her also weeping (wailing), he was deeply moved in spirit and troubled. ³⁴ “Where have you laid him?” he asked.

“Come and see, Lord,” they replied. ³⁵ Jesus wept. ³⁶ Then the Jews said, “See how He loved him!”

Receiving comfort from God – Ps 23:4

⁴ Even though I walk
through the darkest valley,
I will fear no evil,
for you are with me;
your rod and your staff,
they comfort me.

Receiving comfort from God – Mt 5:4

Blessed are those who mourn,
for they will be comforted.

Resurrection of believers – 1 Th. 4:13-14

¹³ 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. ¹⁴ For we believe that Jesus died and rose again, and so we believe that God will bring with Jesus those who have fallen asleep in him.

Repentance that delivers from sin – 2 Cor. 7:9-10

now I am happy, not because you were made sorry, but because your sorrow led you to repentance. For you became sorrowful as God intended and so were not harmed in any way by us. ¹⁰ Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.

