

LIVING FREE: The Compassionate Journey

Grieving our losses is part of our discipleship

Phase One: Pay Attention

...To the Book of Psalms

David, the Lamenting Psalmist: 2 Samuel 1:17-27

Since God is good and loving, why is he not doing something?

Psalm 43:2 "Why must I go about mourning, oppressed by the enemy?"

Psalm 77:8-9 "Has his unfailing love vanished forever?"

Psalm 42:3 "Tears have been my food day and night."

Psalm 88:6-7 "You have put me in the lowest pit, in the darkest depths. Your wrath lies heavily on me; you have overwhelmed me with all your waves."

...To how Jesus Grieved

Jesus, the Man of Sorrows: Isaiah 53:3

At the Tomb of Lazarus... Prayer of Jerusalem... At the Cross

...To Losses from our Past

John 12:24 The truth is, a kernel of wheat must be planted in the soil. Unless it dies it will be alone—a single seed. But its death will produce many new kernels—a plentiful harvest of new lives.

Phase Two: Living in the Confusing In-between

"Good Friday to Pentecost"

Orientation... Disorientation... Reorientation

Psalm 13 O LORD, how long will you forget me? Forever? How long will you look the other way? How long must I struggle with anguish in my soul, with sorrow in my heart every day? How long will my enemy have the upper hand? Turn and answer me, O LORD my God! Restore the light to my eyes, or I will die. Don't let my enemies gloat, saying, "We have defeated him!" Don't let them rejoice at my downfall. But I trust in your unfailing love. I will rejoice because you have rescued me. I will sing to the LORD because he has been so good to me.

DVD: Matthew

Phase Three: Allowing the Old to Birth the New

Blessed are those who mourn, for they will be comforted. Matthew 5:4

- We become compassionate as our Father in heaven is compassionate.
- We have a greater concern for the poor, the widow, the orphan, and the wounded.
- We are less covetous, less idolatrous.
- We are liberated from having to impress others.
- We are able to live more comfortably with mystery when it comes to God and his plans.
- We are characterized by a greater humility and vulnerability.
- We place God at the center of our lives and begin

- rejecting superficial, trivial pursuits.
- We experience an enhanced sense of living in the
- immediate present rather than postponing life until
- retirement.
- We enjoy a new vivid appreciation of the basic facts of life – the changing seasons, the wind, the falling of the leaves, the last Christmas, people made in God's image.
- We have fewer fears and a greater willingness to take risks.
- We are kinder.
- We understand that what bonds us as followers of Jesus living in community is our brokenness.
- We sense the reality of heaven in a new way,
- understanding more fully that we are only aliens and
- sojourners on earth.
- We are finally at home with ourselves and with God.