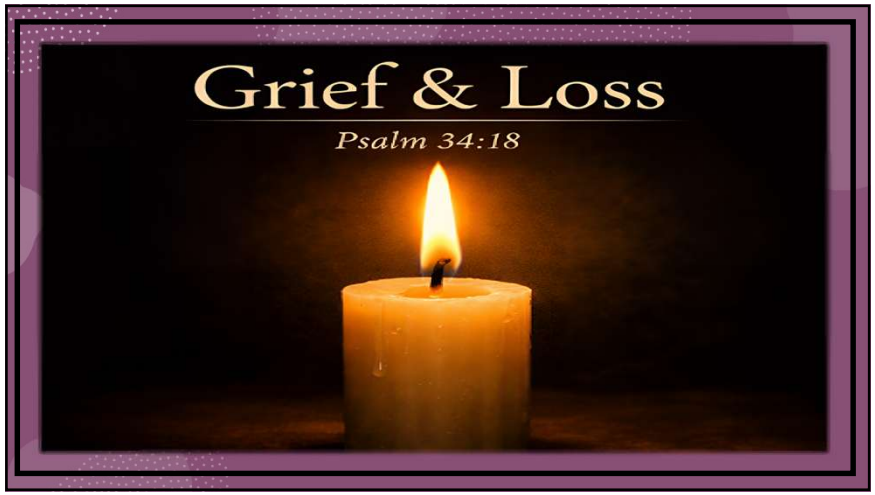


1

Psalm 34:18 (NIV)

18 The Lord is close to the brokenhearted and saves those who are crushed in spirit.

2

Theme

Grief and loss draw us closer to God, who comforts the brokenhearted and restores hope through His presence.

3



4

Comfort in God's Nearness

- God draws near to us in sorrow.
- Grief does not push God away; it pulls Him close.
- God sees every tear.

8 Record my misery; list my tears on your scroll - are they not in your record? (Psalm 56:8 NIV)

- Jesus understands grief.

35 Jesus wept. (John 11:35 NIV)

- Our Savior knows loss personally.

5

Comfort in God's Nearness

- God comforts the mourning.

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

- God heals the crushed spirit.

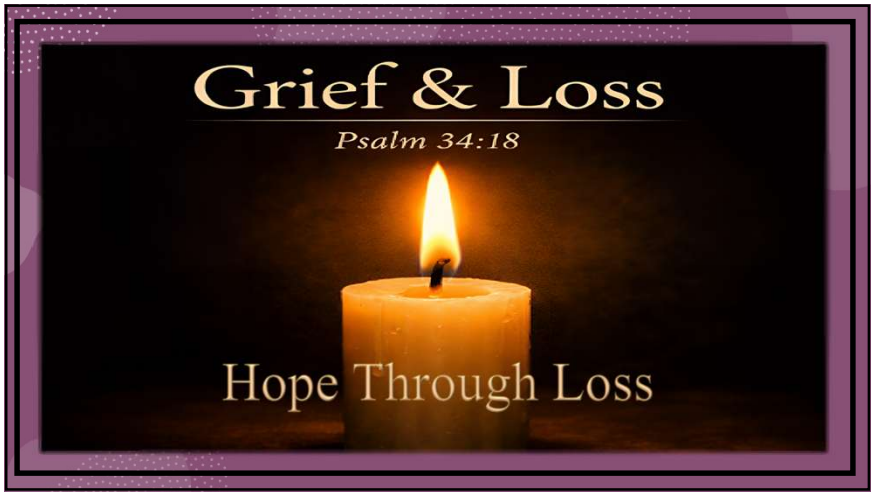
3 He heals the brokenhearted and binds up their wounds. (Psalm 147:3 NIV)

6

Discussion Questions

- When have you felt God draw near to you during a season of grief?
- What part of grief is hardest for you to talk about with God?
- How does knowing Jesus experienced sorrow help you trust Him with your own?

7



8

Hope Through Loss

- Grief is a sacred place.
- God meets us in the valley, not just on the mountaintop.
- God carries us when strength fails.

9 But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. (2 Corinthians 12:9 NIV)

9

Hope Through Loss

- God renews hope slowly & gently.

31 but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. (Isaiah 40:31 NIV)

- Loss reshapes our dependence on God.
- Grief often reveals how deeply we need His presence.

10

Hope Through Loss

- God promises future restoration.

4 "'He will wipe every tear from their eyes. There will be no more death' or mourning or crying or pain, for the old order of things has passed away." (Revelation 21:4 NIV)

11

Discussion Questions

- How has grief changed the way you pray?
- What helps you hold onto hope when days feel heavy?
- Where have you seen God slowly restore strength after loss?

12



13

Walking Through Grief With God

- God invites honest lament.

8 Trust in him at all times, you people; pour out your hearts to him, for God is our refuge. (Psalm 62:8 NIV)

- God listens without rushing us.
- Grief has no deadline; God is patient.

14

Walking Through Grief With God

- God provides comfort through His people.

11 Therefore encourage one another and build each other up, just as in fact you are doing.
(1 Thessalonians 5:11 NIV)

- God strengthens us one day at a time.

25 The bolts of your gates will be iron and bronze, and your strength will equal your days.
(Deuteronomy 33:25 NIV)

15

Walking Through Grief With God

- God turns mourning into deeper compassion.
- Those who have walked through loss often become gentle comforters.

16

Discussion Questions

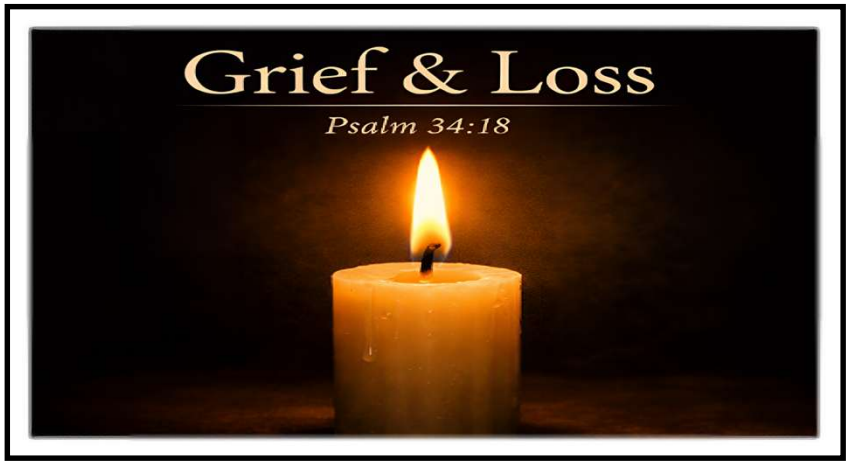
- What part of grief do you find hardest to express?
- Who has God used to comfort you during loss?
- How has grief shaped your compassion for others?

17

Practical Application

- Invite a trusted conversation with someone who understands grief.
- Write a short reflection on what loss has taught you about God.
- Name one place of pain you have not yet talked to God about.
- Practice gentle patience with yourself - grief takes time.
- Replace self-criticism with prayer, asking God for daily strength.

18

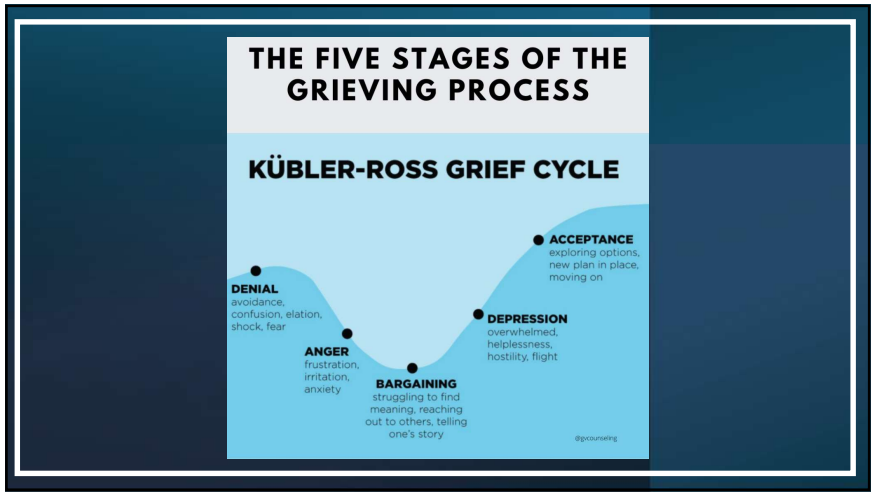


19

Grief

- Grief is the deep emotional response to loss - whether of a loved one, health, independence, or purpose.
- It's not a sign of weakness but a natural process of healing & adjustment.
- Scripture reminds us that, ***The Lord is close to the brokenhearted*** (Psalm 34:18 NIV), affirming that God meets us tenderly in our sorrow.

20



21

Stages of Grief

- Each person's journey is unique, but many experience these movements of the heart:
  - Denial - Shock & disbelief protect us from the full weight of loss.
  - Anger - Frustration or resentment surface as we face painful reality.
  - Bargaining - We search for meaning or try to regain control ("If only…").

22

Stages of Grief

- Each person's journey is unique, but many experience these movements of the heart: (cont.)
  - Depression - Sadness & emptiness settle in as we realize what's gone.
  - Acceptance - We begin to adjust, finding peace & new purpose while honoring what was lost.
- These stages aren't linear; people often move back & forth among them.

23

Stages of Grief

- Christian faith adds a sixth movement, hope - Trusting that God's presence transforms sorrow into compassion & renewed life.

24

Losses That Commonly Cause Grief for Seniors

- Loss of spouse - The death of a lifelong partner is one of the deepest griefs older adults carry.
- Loss of close friends - Many experience repeated grief as peers pass away.
- Loss of independence - No longer driving, cooking, or managing daily tasks can feel like losing part of oneself.
- Loss of home - Leaving a long-time residence filled with memories brings profound sadness.

25

Losses That Commonly Cause Grief for Seniors

- Loss of health - Chronic illness, pain, or disability create ongoing grief.
- Loss of mobility - Needing walkers, wheelchairs, or assistance can feel like losing freedom.
- Loss of memory - Forgetfulness or early dementia causes fear, frustration & grief.
- Loss of purpose - Retirement, reduced responsibilities, or feeling “no longer needed” can be painful.

26

Losses That Commonly Cause Grief for Seniors

- Loss of family closeness - Children living far away or busy schedules create emotional distance.
- Loss of identity - Roles like parent, worker, caregiver, or leader may feel diminished.
- Loss of privacy - Shared spaces & staff involvement in daily life can feel intrusive.
- Loss of control - Decisions about meals, schedules, or medical care may no longer be fully ours.

27

Losses That Commonly Cause Grief for Seniors

- Loss of physical strength - Fatigue & weakness can feel like losing the body we once trusted.
- Loss of social roles - No longer teaching, serving, volunteering, or leading in church or community.
- Loss of future dreams - Hopes for travel, activities, or family milestones may no longer be possible.

28