

Belief Blocker #3, Sorrow and Grief
Psalm 126, Isaiah 61:2-3

How do we move on to Christmas Faith, without forgetting those who have died?

How do we move onto joy without being calloused towards those who are grieving?

1. Grief is a Journey

“Brothers, we do not want you to be ignorant about those who fall asleep, or to grieve like the rest of men, who have no hope.”
—1 Thessalonians 4:13

Elisabeth Kubler-Ross, 1969 book, On Death and Dying

5 stages of Grief, Acronym DABDA

1. Denial
2. Anger
3. Bargaining
4. Depression
5. Acceptance

Journey through Grief—Like the wilderness, grief is not a place to stay but a place to travel through on your way to the Promised Land.

Good Grief—The difference between good grief and bad grief may be movement.

2. A Cloud of Witnesses urges us onward.

“Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of our faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

—Hebrews 12:1-3

Jesus had lots to grief about

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| Left heaven | Born in a barn |
| Fled like refugees to Egypt | Death of step-father? |
| Rejected by family and own people | Betrayed and denied by disciples. |

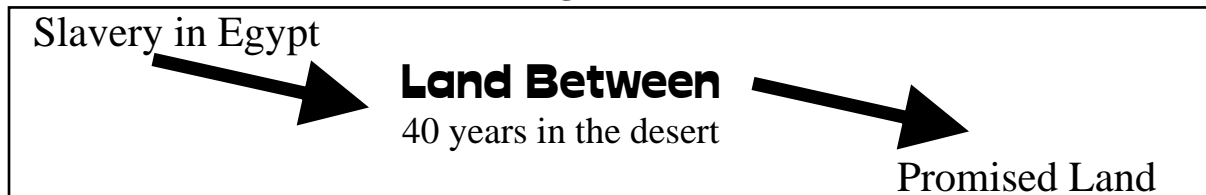
“For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.”
—Hebrews 12:2b

Jesus laughed and joked with disciples.
Jesus lived a joy-filled life. (John 10:10)

3. Find Joy in the Journey

When the LORD brought back the captives to Zion, we were like men who dreamed Our mouths were filled with laughter, our tongues with songs of joy. Then it was said among the nations, “The LORD has done great things for them.” The LORD has done great things for us, and we are filled with joy. Restore our fortunes, O LORD, like streams in the Negev. Those who sow in tears will reap with songs of joy. He who goes out weeping, carrying seed to sow, will return with songs of joy, carrying sheaves with him. —Psalm 126

Jeff Manion’s message, “Land Between.”



The Captives rejoiced with Psalm 126 after 70 years of being stuck in grief, stuck in Babylonian captivity.

Those who sow in tears will reap with songs of joy. ⁶ He who goes out weeping, carrying seed to sow, will return with songs of joy, carrying sheaves with him.

—Psalm 126:5-6

Moses’ words to Israel as they prepared to enter the Promised Land

“This day I call heaven and earth as witnesses against you that I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live.”

—Deuteronomy 30:19

4. Choose joy.

“The Spirit of the Sovereign LORD is on me, because the LORD has anointed me to preach good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners, to proclaim the year of the LORD’s favor and the day of vengeance of our God, to comfort all who mourn, ³ and provide for those who grieve in Zion— to bestow on them a crown of beauty instead of ashes, the oil of gladness instead of mourning, and a garment of praise instead of a spirit of despair.” —Isaiah 61:1-3

Jesus came to give us joy. “...a crown of beauty instead of ashes, the oil of gladness instead of mourning, and a garment of praise instead of a spirit of despair...”

Small Group Study – Choose Joy, By Kay Warren

4 weekly sessions include:

- Jesus, Man of Joy
- Joy is a Conviction of my Mind
- Joy is an Attitude of my Heart
- Joy is a Choice of my Behavior



I exhort you to choose joy.

I give you permission to choose joy. “Joy to the World, the Lord has Come!”