

**DEALING WITH GRIEF**

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

**1. GIVE GOD MY GRIEF**

- **TAKE THE \_\_\_\_\_ TO GRIEVE**

*"There is a time to grieve and a time to dance."* - Ecclesiastes 3:4 (NLT)

*"And now, dear brothers and sisters, we want you to know what will happen to the believers who have died so you will not grieve like people who have no hope."* - 1 Thessalonians 4:13 (NLT)

- **KNOW GOD CARES**

*"He (Jesus) was despised and rejected — a man of sorrows, acquainted with deepest grief . . . Yet it was our weaknesses he carried; it was our sorrows that weighed him down."* - Isaiah 53:3-4 (NLT)

*"Give all your worries and cares to God, for he cares about you."*  
- 1 Peter 5:7 (NLT)

- **TELL GOD HOW I \_\_\_\_\_**

*"Be merciful to me, O LORD, for I am in distress; my eyes grow weak with sorrow, my soul and my body with grief."* - Psalm 31:9 (NIV)

*"When Mordecai learned of all that had been done, he tore his clothes, put on sackcloth and ashes, and went out into the city, wailing loudly and bitterly."*  
- Esther 4:1 (NIV)

*"Jesus wept."* - John 11:35 (NIV)

*"I tell you the truth, you will weep and mourn while the world rejoices. You will grieve, but your grief will turn to joy."* - John 16:20 (NIV)

*"Weeping may last through the night, but joy comes with the morning."*  
- Psalm 30:5 (NLT)

**2. RECEIVE FROM GOD HIS \_\_\_\_\_**

*"Comfort, comfort my people,' says your God."* - Isaiah 40:1 (NIV)

**The enemy of God's comfort is: ESCAPE**

*"Laughter can conceal a heavy heart, but when the laughter ends, the grief remains."* - Proverbs 14:13 (NLT)

- **GOD COMFORTS ME THROUGH HIS \_\_\_\_\_**

*"and I will ask the Father and he will give you another Comforter, and he will never leave you."* - John 14:16 (TLB)

- **GOD COMFORTS ME THROUGH HIS WORD**

*"My soul is weary with sorrow; strengthen me according to your word."*  
- Psalm 119:28 (NIV)

- **GOD COMFORTS ME THROUGH HIS \_\_\_\_\_**

*"...the God of all comfort who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God."*  
- 2 Corinthians 1:3-4 (NIV)

**What Does God's Comfort Look Like?**

*"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, 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 (NIV)

*"For just as the sufferings of Christ flow over into our lives, so also through Christ our comfort overflows."* - 2 Corinthians 1:5 (NIV)

## 應對哀傷

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“上帝賜福給哀痛的人，因為他們必得安慰。” - 馬太福音 5:4 (新普及譯本)

### 1. 把哀傷交給上帝

#### ● 騰出\_\_\_\_\_哀傷

“悲痛有時，跳舞有時。” - 傳道書 3:4 (新普及譯本)

“親愛的弟兄姊妹，我們希望你們知道那些死去的信徒將來會怎樣，免得你們憂傷，像那些沒有盼望的人一樣。” - 帖撒羅尼迦前書 4:13 (新普及譯本)

#### ● 知道上帝關心你

“他被人藐視，遭人拒絕，忍受痛苦悲傷，飽歷人間憂患…可是他背負的，是我們的軟弱；重壓他的，是我們的痛苦悲傷。” - 以賽亞書 53:3-4 (新普及譯本)

“你們要把所有的憂慮和煩惱都交給上帝，因為他在乎你們。”

- 彼得前書 5:7 (新普及譯本)

#### ● 告訴上帝我的\_\_\_\_\_

“上主啊，求你憐憫我，因我在困苦中。淚水模糊了我的眼睛，我的身體和靈魂也漸漸衰殘。” - 詩篇 31:9 (新普及譯本)

“末底改知道了發生的所有事情，就撕破衣裳，披麻蒙灰，並進入城中高聲哀號哭喊。” - 以斯帖記 4:1 (新普及譯本)

“耶穌哭了。” - 約翰福音 11:35 (新普及譯本)

“我實實在在告訴你們，你們將要痛哭哀號，世界卻要喜樂；你們將要憂愁，但你們的憂愁將要變成喜樂。” - 約翰福音 16:20 (五經、新約全書·新漢語譯本)

“哭泣或許持續了一夜，歡樂卻在清早就來臨。” - 詩篇 30:5 (新普及譯本)

### 2. 從上帝那裏得到祂的\_\_\_\_\_

“你們的上帝說：「要安慰，安慰我的子民。」” - 以賽亞書 40:1 (新普及譯本)

#### 「上帝的安慰」的敵人是「逃避」

“笑聲能掩蓋沉重的心情，但歡笑過後，悲痛猶在。” - 箴言 14:13 (NLT 意譯)

#### ● 上帝透過祂的\_\_\_\_\_安慰我

“我也要向父祈求，他就會賜給你們另一位鼓勵者，他永遠不會離開你們。” - 約翰福音 14:16 (新普及譯本)

#### ● 上帝透過祂的話語安慰我

“我憂傷流淚，求你用你的話語鼓勵我。” - 詩篇 119:28 (新普及譯本)

#### ● 上帝透過祂的\_\_\_\_\_安慰我

“（上帝）是一切安慰的源頭。每逢我們遇到苦難，他都安慰我們，好讓我們也能夠安慰別人。在別人遇到苦難時，我們能夠用上帝給我們的安慰去安慰他們。” - 哥林多後書 1:3-4 (新普及譯本)

#### 上帝的安慰是甚麼樣子的？

“至高上主的靈在我身上，因為上主膏立了我，讓我向窮人報好消息。他差遣我去安慰傷心的人，宣告被擄的要得釋放，被囚的要得自由。”

他差遣我向悲傷的人宣告：上主施恩的時刻已經來到，上帝對他們的敵人發怒的日子也已經來到。

他要向以色列所有悲傷的人賜下美麗的冠冕代替爐灰，賜下欣喜的祝福代替悲傷，賜下歡樂的讚美代替絕望。” - 以賽亞書 61:1-3 (新普及譯本)

“就正如我們多受基督的苦難，我們也照樣藉着基督多得安慰。”

- 哥林多後書 1:5 (新漢語譯本)