

MOVING PAST PAIN

Part 4: The Pain of Loss

THE PAIN OF LOSS TOUCHES EVERYONE

- Types of Loss
 1. Resources - job / investments / savings
 2. Relationships - friends / romantic / marriage / death
 3. Respect - Asian cultures call it loss of face (humiliation); loss of dignity
 4. Health - loss of youth / strength / ability to function
- An effect of loss
 1. Sorrow - can lead to broken hearted; broken in spirit (***Proverbs 15:13 NKJ***)
 2. Sorrow that stays too long can make it harder to recover

DAVID'S LOSS AND RECOVERY (1 Samuel 30:1-8 NKJ)

- David experienced a series of devastating losses
 1. Possessions - stolen or burned
 2. Loved ones - kidnapped and the uncertainty of their well-being
 3. Relational resources - the men turned on him and the potential of lost help
- David deeply felt these losses
 1. Wept until he ran out of tears
 2. Greatly distressed - a state of anxiety, fear and frustration
- But David did not stay sad and distressed
 1. He went to the One he did not lose
 2. He became strong enough to go on the offensive

MOVING PAST THE PAIN OF LOSS IN YOUR LIFE

- Sorrow is not meant to be permanent
 1. Sorrow is a place we all visit, but we don't have to live there
 2. God's best for your life is not a permanent state of sorrow (***2 Corinthians 2:7 NKJ***)
 3. He doesn't want us swallowed up - it robs us of strength
- Get to a stronger place (encouraged more than sorrowful)
 1. Drowning sorrow with distraction is a temporary fix at best
 2. Getting outside help is a great idea
 3. The goal is to get to the place where you can encourage / strengthen yourself in God (***Romans 15:4 NKJ***)
- Relate to God as a comforter
 1. He is the source of help not the source of sorrow - hard to get comfort from the one you blame
 2. He can not only comfort, He can turn things around (***Psalms 30:10-12 NKJ***)