

Where is God while I'm grieving?

Grief is difficult. Your belief in God will influence how you grieve. It doesn't mean that you won't have questions or that you won't be sad. You can grieve and still be a Christian. You can be sad and miss your loved one. Through it all remember you are not alone. God is present.

1 Thessalonians 4:13, "Brothers and sisters, we do not want you to be uninformed about those who sleep in death, so that you do not grieve like the rest of mankind, who have no hope."

A Christian is not a person who has solved the problem of suffering but one who has come to love and trust the God who has suffered for them.

Does God Care?

John 11:35, Psalm 34:18, Psalm 23:4

Did God change?

Hebrews 13:8, James 1:17, Matthew 6:26-27, Matthew 11:28-30, Isaiah 43:2

Why is there suffering?

Not everyone believes the same for why there is suffering in the world. This is a widely accepted answer.

We suffer because we live in a fallen world.

Rabbi Harold Kushner "God does not cause our misfortunes. Some are caused by bad luck, some are caused by bad people, and some are simply an inevitable consequence of our being human and being mortal, living in a world of inflexible natural laws.

The painful things that happen to us are not punishments for our misbehavior, nor are they in any way part of some grand design on God's part. Because the tragedy is not God's will, we need not feel hurt or betrayed by God when tragedy strikes. We can turn to Him for help in overcoming it, precisely because we can tell ourselves that God is as outraged by it as we are."

God is present with us in our suffering.

Romans 5:1-11, Romans 8:28-29, James 1:2-4, 2 Thessalonians 3:16



Resources

- “When Bad Things Happen to Good People”
 - Harold Kushner, 2004
- “Traveling Through Grief: Learning to Live Again After the Death of a Loved One”
 - Zonnebelt-Smeenge & DeVries, 2006
- “Faith, Grief and Pass the Chocolate Pudding”
 - Heather Wallace & Stuart Rubio, 2016
- GriefShare.org
 - <https://www.griefshare.org/healing/god>
- Open to Hope Podcast “Grief and Covid-19 is God punishing me?”
- “When Tears Remain: Loving God Through the Loss of a Child”
 - Luke Veldt & Jeff Olson, 2015

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