



When you ask Why...

What makes my problems worse than yours?

Or

What makes your problems worse than mine?

All of us have had tragedies happen in our lifetime...if you haven't, you will!

David...Asked "why?"...

- *"Why do you stand so far off, O Lord? Why do You hide Yourself in times of trouble?" Psalm 10:1*
- *"Why are you cast down, O my soul? And why are You disquieted in me?" Psalm 42:5*

Job moaned:

- *"Why did I not die in my mother's womb?" Job 3:11*
- *"Why have you sent me as a mark against You, so that I am a burden to myself?" Job 7:20*

Jesus (the Son of God) cried out...

- *"My God, my God, why have You forsaken me?"*

There are more than 300 hundred questions in the book of Job, and most are never answered.

Why Do Bad Things Happen to Good People?

Answer: Some things can never be answered in this life....but, one thing is sure ...It is and was not God's will for bad things to be happening or that have happened to you or me!

Remember...that there is a GOD and He is GOOD.

The enemy induced Eve to question God's essential goodness, and we've been doing it ever since.

We blame God for accidents, misfortune, tragedies.

No matter what our theological persuasions are and however difficult life's problems may be, let us not malign God.

It is the character of a thief to steal, kill, and destroy.

It is the nature of God to Give, Forgive, Heal, and Restore.

Wherever the Gospel goes, the lot of man improves.

It is God's business to save, to help..and to lift up!

Dealing With Grief...

Job lost everything he had accumulated in life...

What positive steps can be taken when you feel like Job felt when he said: "Oh, that my grief were fully weighed, and my calamity laid with it in the balances! For then it would be heavier than the sand of the sea." (Job 6:2-3)

Grieving is as natural as crying when you are hurt, sleeping when you are tired, eating when you are hungry...It is nature's way of healing a broken heart.

If grief is a process...something to work yourself through, how do you deal with it?

1. Accept the Loss,

Keep moving; resist surrender to negative thoughts; avoid isolation...Face up to life!

2. Remember. Think...!

You are not alone...God is your refuge. Think about a pleasant memory. It is like a warm hug from a child.

3. Record Your Journey

When you have thought yourself full, write yourself empty. Writing is like taking a warm bath and putting soothing cream on sore places...in your heart.

4. Talk

Verbally share with someone you trust. Someone said some years ago, "We can sometimes forget those with whom we laughed, but we will never forget those with whom we have cried."

5. Weep

Don't hold back the tears. Tears are normal and part of the healing process.

6. Refuse to Live in Fear

Do not live in the shadow of yesterday's sorrows; for they will eventually thwart the natural healing process of a tragedy or loss of a loved one.

7. Allow Time for Healing.

Bible truth: "Let patience have her perfect work."

Healing is a process....and time is required to complete that process!

"Human pain does not loosen its grip at one point in time. Rather it works its way out of our consciousness over time. There is a season of sadness, a season of anger, a season of tranquility, a season of hope...but, these seasons do not follow one another in lockstep manner." Max Lucado

And one to grow on.....

8. SING!

Who care what notes you are singing...just sing. It helps to listen to the message of a hymn.

*“Are you weary, are you heavy-hearted?
Tell it to Jesus, tell it to Jesus;
Are you grieving over joys departed?
Tell it to Jesus Alone.”*

Helping the Bereaved...

What to do when you find yourself as the “healing balm.”

*“God ...comforts us in all our tribulation, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God.”
(1 Corinthians 1:3-4)*

*Same song...maybe a little bit different tune or beat...but,
illness, death..followed by...positive thinking.*

Some things we can do...Some positive steps we can take to ease the burden and share the load of those who mourn.

1. Be Available. Be there.

*Before you bring a dish, send flowers, or even talk...Be there!
Let the bereaved feel your presence. People remember hugs!*

2. Be Attentive. Listen.

*Someone said that the ear is the most important part of your body.
Believe it or not...people are healed by the “laying on of ears.”*

3. Be communicative.

Always have constructive conversation with the bereaved. Do not keep the center of attention on yourself. Look for the positives...like heaven is a real place. Life is good...but heaven is better!

4. Be human. Show your humanity.

Express your love; weep with those who weep. We must remember...an arm, a firm hand-shake, or even a kiss on the forehead (nothing wrong with a kiss of understanding and support).

5. Be cordial.

Attend funeral, send a card, sign the guest book, write a note, make a call.

6. Be hospitable.

Do not assume the widow is doing fine because she is not dressed in mourning clothes.

7. Be Spiritually sensitive.

Don't quote Scripture unless the Holy Spirit is in the process. You will be in the way if you try to do it on your own. The Holy Spirit lives in you. Let him do the work and you be the messenger. Pray with the joy of the Lord on your lips.

*Remember the Comforter...Remember "O death where is thy sting...O grave where is thy victory? It is defeated...at Calvary.
1 Corinthians 15:55-57.*

The Truth About Heaven...

- **It is REAL...Don't ever doubt it!**
John 14:1-4Revelation 21:1-7
- **It is a place of rejoicing...and singing...and praising!**
*Psalm 29:2; 95:6; 96:9; 132:7 and Hebrews...
Last book contains __ songs...sung by elders, angels and the redeemed.*
- **It is a place of activity!**
Revelation 21 and 22
- **It is a place of service.**
Revelation 22:3 "And there shall be no more curse, but the throne of God and of the Lamb shall be in it, and His servants will serve Him."
- **It is a place of fellowship...**
*Of course, we will know our loved ones in heaven. 1
Thessalonians 4:13-18; 5:9-11
When King David's baby died, he said, "I shall go to him; he shall not come to me."*

Fanny Crosby, a precious woman who lived most of her life in total blindness, wrote this special hymn:

*"When my life work is ended, and I cross the swelling tide,
When the bright and glorious morning I shall see;
I shall know my Redeemer when I reach the other side,
And His smile will be the first to welcome me."*

Now, we must pick up the pieces of a broken heart and get on with life.

Life is to be LIVED, not avoided!

NOTE: MAX LUCADO HAS INSPIRED MY WRITING OF THIS DEVOTION THROUGH HIS SPIRITUAL INSIGHT AS HE WRITES AND SPEAKS FOR CHRIST.