

WHOLEHEARTED

Faith, Mental Health, & The Whole Person

A Whole Heart: Lament & Grief

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1) Redefine Grief and Loss – Holy Lament

We must change what we believe grief means.

- Grief – Natural, multifaceted, emotional, cognitive, physical, and behavioral response to a significant loss.
- Loss – Actual or perceived absence or deprivation of a valued person, object, status, health, role, circumstance, promise or vision.

- Truth is: God grieves – Genesis 6:6-7

- The state condition of the world grieves God's heart every day – death, sickness, separation, and brokenness entered into creation because of the fall.

- Truth is: Jesus grieved publicly – John 11:35: “Jesus wept.”

- Yaghon – sorrow and anguish
- Ka'ac – vexation and grief

- Scripture shows that grieving is consistent with holiness – not contrary to it.

God and Jesus grieved publicly because their compassion was real:

- Their sorrow revealed their love for humanity.
- Their mourning demonstrated passion to reconcile their pain of the loss of our righteousness and relationship with Him.

2) Reframe Your Perspective

Many cultures teach that grief means something is wrong with your faith.

- Others label grief as “*weak faith*” or “*spiritual failure*”.
- This creates pressure instead of processing pain.

- **Truth is:** grief isn’t proof you’ve lost God. It may be evidence that you still love deeply.

- Grief does not equal spiritual weakness; it can be a form of devotion and love.

■ When we grieve, we are not rejecting God—we are learning how to carry love through loss.

- Don’t ask only, “Why did this happen?” but also, “What is God doing in me?”
- Let pain become a pathway to the presence of God personally & communally.

3) Reconcile **Our Loss** - Reconciliation doesn’t mean forgetting—it means learning to trust God’s process of healing: Truth > Lament > Confess > Repent > Repair

- Lament interrupts our control —and redirects our comfort that comes from God alone.

Matthew 5:4 – “*Blessed are those who mourn → comforted by the presence of God*”.

Psalms 23:4 – “*Walk through the valley of the shadow of death → Without Fear by the presence of God.*”

“Though I walk through the valley... fearing no evil...” because:

“He is close” / “with me” → therefore fear loses its final authority.

■ To reconcile loss means to trust God’s healing process.

- I will allow grief its season without rushing it.
- I will know that God is working even when relief feels delayed.

Declaration

My healing doesn’t begin when I stop hurting; it begins when I choose to trust God while hurting remains real today.”

Prayer & Commitment

Today, Lord, help me redefine my grief, reframe my valley as holy disruption, and reconcile my loss through trusting Your process.

Practical Next Step

This week I will practice reconciliation by doing one thing.
