

Lamentation of Sadness

(Wishing for the “good old days”)



SHOCK... numbness, confusion, inability
to function, etc.

GRIEF is the emotional equivalent.

The kings of the earth did not believe
nor did any of the world's people, that
enemies and foes could enter the
gates of Jerusalem! (4:12)

... Her fall was astounding... (1:9)

WE THOUGHT that under the shadow
of the Lord's anointed we would LIVE
ON among the nations! *(4:20)*

APPRECIATE THE PAST!

There is no shame in feeling
sadness over the loss of a treasure.
And uncontrollable change is neither
disinterest or **disloyalty** to that
which you loved!

ACCEPT THE CHANGE!

Denial simply **delays** healing.
You will not move forward until
you accept the fact that you **must**
move forward.

“My hands have been bound...”
(Nothing I can do about it!). (1:14)

“God has handed me over to those
that I cannot withstand *[resist]*”. *(1:14)*

“Those I cared for... my enemy has
destroyed. *(Yep!)* *(2:22)*

FACE THE FUTURE!

“...she did not consider her future.” (1:19)

- Many folks prepare for physical demise or financial loss but make no **EMOTIONAL** or **SPIRITUAL** preparation for any type of loss.

Processing grief/loss = TIME, TEARS, TALK

Following loss, you must orient yourself toward the future:

- I am sad, but I am alive.
- I will accept God's plan for my future.
- I will think less about why I am sad and more about why I am alive.