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*The Role of Grief  
In The Christian Life*  
1 Thessalonians 4:13-18  
(p.1183)

*An overlooked and unexplored essential component in Christian discipleship is learning to grieve our losses in a healthy way.*

*Adapted from Pete Scazzero, The Emotionally Healthy Church*

Prerequisites to experiencing God's comfort are lessons in grief:

Honest acknowledgement; Feeling the pain;  
Expressing the sadness; "Let go" of the loss;  
Turn to God in faith expecting His real comfort.

God brings His real comfort through:

1. God's \_\_\_\_\_ . 1 Thessalonians 4:13-18
2. God's \_\_\_\_\_ . 2 Corinthians 1:3-4
3. God's \_\_\_\_\_ . 2 Corinthians 7:5-6

*We expected our faith to make this hurt less, but it doesn't...  
Our faith keeps us from being swallowed by despair. But I don't think it makes our loss  
hurt any less.*

*Quoted in Randy Alcorn's If God Is Good*