

# In Times Of Distress

**I have learned that even when we have learnt and have faith in the promises in God's Word, the Christian Bible of life after physical death, and knowing the joy ahead after our resurrection, that there is no way to go through the trial of lost loved ones without much pain.**

[Please download and study the article on this website *'The Ten Stages Of Grief And Guidelines To Healing Grief'* listed under sub-heading *'Death And Life After Death'*.]

Just as a broken bone heals gradually, the same is true about the grief process, we need to have patience day by day until God does His work of healing.

**All of us at times encounter crises, the death of a loved one, the birth of a deformed child, the breakdown of marriage, the failure to be accepted for a job or a place in higher education, the occurrence of an automobile accident. These events shake us and make us feel threatened, anxious, confused and depressed.**

Sorrow and grief are natural emotions, as part of a person's life, [Ecclesiastes 3:4].

Being sorrowful should **not** make us feel ashamed or embarrassed.

It should **not** make us feel weak.

**Matthew 5:4** [New King James] *"Blessed are those who mourn, for they shall be comforted."*

**There is a right time for Godly sorrow.**

**The problem is that most of us become too sorrowful, it is when we sorrow too much that we get stuck in a situation where we cannot mature as a human being or spiritually.**

Balance should be used in every area of life, even in our emotions.

The apostle Paul spoke often of sorrow in the trials he experienced, but accepted that trials occur in every person's life and had learnt to be content in such situations, [Philippians 4:11-13].

**1 Thessalonians 4:13** [New King James] *"But I do not want you to be ignorant, brethren, concerning those who have fallen asleep, lest you sorrow as others who have no hope."*

**This should bring comfort to every true Christian when faced with the death of a loved one.**

A person going through a time of deep grief can indeed take consolation in God, for God understands sorrow.

**God the Father experienced the murder of His Son, Jesus Christ.**

Jesus Christ as a human being was Himself called *"a man of sorrows and acquainted with grief."* [Isaiah 53:2].

God does hear the prayers of those in distress, who need and seek His help.

**A grieving person must be careful not to become mentally fatigued, for a time of grief makes us vulnerable and Satan is sure to take advantage of a person at a time of weakness.**

**Face the fact that a change has taken place in our lives.**

**Analyse the change, find practical ways to cope with it, draw close to friends and don't forget to ask God for help.**

**Do not shut out those who want to help, for you need their help more than you may realise.**

Share yourself with other people, giving to others is a major step to overcoming sorrow. **True friends do not come to quote scriptures or leave a stack of literature, they simply come to show that they care, and understand that people need time to mourn.**

Some of the scriptures that will help if studied during a time of trial are – **Isaiah 60:20; 2 Corinthians 1:3-4.**

From personal experience with the death of my first grandchild, who was born handicapped, in her teens and the break-up of my daughter's marriage, I know that God does heal the pain of sorrow.